Lester Levenson 164mp3 part 1 of 3

[Speaker 12] (0:05 - 0:18)

The following recordings were made by Lester Levinson in 1974. He's talking about freedom, so listen with your heart.

[Speaker 1] (0:20 - 17:38)

A good starting point to warn you on this point. There are seven sheaths, or rather five sheaths that they talk about in the Eastern teachings. The physical body sheath.

Five sheaths that cover our infinite being. There's the physical sheath, there's the pranic energy sheath, there's the mental sheath, there's the discriminative aspect of mind sheath, and the last sheath is called the bliss sheath. Do you want to close that door so we don't hear that phone?

Now in all my years I've seen everyone fail to get through the bliss sheath. It's called the Ananda sheath. They get to a place where life is nice and easy.

Their relationships with their friends become nice. Their businesses are all good. And then they say and they feel, well I'm going to really keep it going this way.

And you can't. When you try to keep your joy coming from the world, you're going to reach a point where you feel as though the whole sky and world is falling on you. There was a whole group in California that some of you know, who reached this bliss state where everything was roses and honey, everything was going beautifully.

And I warned them, move above this now. And they wouldn't. They tried to keep it coming.

And the vast majority of them went through terrible catastrophes since. There is no such thing as an all good world. If it's a world, it cannot be good.

We have to transcend this world. And I'm giving you a warning now that when you get into this Ananda sheath, this bliss sheath where everything falls into line so beautifully for you in the world, do not stop there. But just go the next step beyond it and then you're free.

And all your joy is only in your being. Your joy is not coming from the world anymore. The world is no more a beautiful, heavenly, harmonious place for you.

You are the joy. You are the happiness. You're not taking it from the world anymore.

You've got to break through that bliss sheath to the point where all your happiness is only you being you. And if you don't break through that, you get tracked back into the

world like everyone has so far in my experience. Had any one of dozens and dozens and dozens of these people just taken one step more, they would have been free forever.

Then it doesn't matter what you do in the world. You can do anything. You can be a king or you can be a beggar.

And it's all the same to you because your joy is only you being you. Because your beingness is infinite. Your beingness is the ultimate.

Your beingness is what you and everyone else is seeking. The ultimate state where you are. Only pure beingness.

It's the I of you. I amness. So again, I warn you, be careful when you hit that bliss state where the world is so beautiful and everything is nice.

Now, I believe it's the first time that anything like this has ever been tried. And what we're trying to do is give the highest teaching out at a level that's acceptable to people where they are today. You've heard masters say, like Ramana Maharshi, all you need to do is to drop your varshanas, drop your tendencies.

That's all you need to do and that's true and you're free. The reason behind that is simply this. The only thing standing between you and your infinity is your mind.

The only thing between you and your being totally unlimited is your mind. You have been operating this mind for billions of years. Millions of years in the physical and billions of years before the physical state, before that.

This is one reason why you find it so difficult dropping it. But to tell you to disidentify with the mind is to tell you something you're not doing and you think you cannot do. So the masters come out, all right, drop your tendencies.

The tendencies are another way of dropping your mind. A tendency is a predisposition, is a feeling. It's a feeling that has been built up from the beginning of time up until now so that every tendency you have started billions of years ago and all your thoughts have culminated into your present feelings, tendencies.

So that if you drop a tendency now, you're dropping an accumulation of thought that is billions of years old, Earth time. You see, the effectiveness of dropping a tendency is the culmination of thinking on a particular thing that's been going on since the beginning of time for you. You drop a tendency, if you drop a tendency totally, you drop billions of years of accumulated thought that went in to make up that tendency.

That's the effectiveness of dropping tendencies. If you want to go free this lifetime, that's the lowest level approach required to go free this lifetime. If you work on incidents, on thoughts, you got billions of years of past history to undo.

It'll take you billions of years to undo it. Every other therapy in the world is working on thoughts, incidents, etc. And that's why they're not getting very far.

I know of no attempt to approach it from dropping the tendencies. And I think the reason why they don't is they just don't understand it. Mind is so complicated, nobody understands it.

I say mind is so simple, there's nothing to understand about it. What is mind? It's the sum total of all your thoughts.

Is that complicated? It's the sum total of all your thoughts. Now, you're being infinite, you can't do anything about that.

You've got no choice on that, you are infinite right now. And when I look at you, I always see that infinity. And you're always saying to me, I, the infinite being, am extremely limited.

And I say, no, look. And you say, yes, but I, the infinite being, have this problem. This goes on and on and on.

Because you don't take one moment out to see this infinite being that you are. And yet some of you do. And you feel so high and so good when you see it.

But then you fall right back into the tendency to have it. Another word for tendency is habit. You fall right into the habit of saying, no, I'm subject to this excrement-producing, beautiful mechanism that throws garbage out of every single pore of it and through other extremities, phlegm, feces, urine.

And there's nothing more disgusting to us than the insides of a human being and we're glorifying this piece of crap. Someday you're going to see that the least of you is this piece of junk. But you could see it right now if you would just look at what you are and at that moment disidentify with the body.

Or see that the body is just a creation of your mind. And that's where the body lies in your mind. Get behind your mind and you'll see your infinity.

But you're so played with these tendencies it's almost like you're trying to look at the air from the bottom of the ocean. You've got that whole ocean between you of tendencies. However, anytime you choose, you can drop the whole thing.

But most of you just don't believe you can. Believing that you cannot makes it cannot. You gotta let go of I can't.

Because if you think you can't, you're making it that way. Now because this is coming out at this high level of dropping tendencies there's a power behind this course. Which is the power of the high beings who want you to do just this.

And you'll feel it if you just open yourself to it. Get with this course. Do the things that Bridey's putting out for you to do each lesson.

And all the masters are behind it. Because it's being put out at a masterly level. Instead of getting into these groups which are primarily sex things.

Countergroups, S-Men, all these things that are primarily sex. Which keeps your body bound. You're getting a course that is in a direction that the masters would give it to you at.

And therefore they're supporting you. You don't have to believe me. Check it out.

Let the power come through on this course and you'll see yourself moving freer and freer in very big giant steps. I think Neelan can back me up on this. I guess I'm not telling any secrets and Kathy wouldn't mind.

She made tremendous strides in the course. Tremendous. Strides that take the average person in this world millions of years to do.

She did in that course. And every one of the girls gained tremendously from it. But I do believe Kathy took more than anyone else.

Took more, that's all. Open yourself to it. The masters are there.

The power is there. Go with it. Bridie's going to tell you to you do it yourself thing.

See, no one can free you but you. No one has bound you up so tightly but you yourself. So you're the only one who can do it.

Bridie will tell you, you must do it. So if you get with it, you got the possibility of going free right on this course that Bridie's going to give you. And if you don't go free, you got the map, the formula, the way to go free so that when you're finished with it, you continue right on until you are free.

I'm supporting this course with all the power that I have. And while I was doing that, I saw that I was not alone. I saw the masters right behind me, pushing me.

Until the time I said, don't you people feel the power in this room? I had to say it because if I didn't talk about it, I would have lost consciousness. It was so powerful, the power coming through from that.

I spoke about it only to keep me here. And I believe every one of them, I don't remember, did they all say they felt it? I know some of them mentioned it.

Now that power is there for you fellows. That's the power from the masters. Making a big push to free you because you're taking it at a level that they would give it at, at a level

in which you can go free shortly, very quickly.

[Speaker 10] (17:48 - 17:54)

Time when you're not feeling. Except when you're free.

[Speaker 1] (17:54 - 18:24)

When you're completely free, then you're not feeling. But the person who thinks he or she is not in a feeling, is very much in feelings. And the skill of a counselor is to get them, to get a handle on one feeling.

And take that one feeling up. And when they say, I don't feel anything, to get the person to see that they are feeling something. This is the skill of a counselor.

[Speaker 3] (18:26 - 19:47)

One of the important points, I think, which came out of this sort of thing you've been talking about there, was this. A great deal of my intensity and anxiety, stemming from the fact, was coming out of the body. And worry and anxiety was causing all this myriad, myriad, of clever, detailed problems that no one, including me, would ever be able to fathom, because of their intricacy and complexity.

What Frances did was quite simply this, what I never thought I would be able to get out of. Instead of being into all of that, she said, what happens when you worry? My feeling was, I'm so worried.

Now, if I'd gone on, it would have been about this and about that, what happens when you worry? So from then on, for the next few days, I was able to stop myself from going into severe, intense anxiety in my mind by just simply saying, I'm so worried. What happens when I'm worried?

Someone comes and helps me. What happens when someone comes and helps me? I'm safe.

And it just cut out that whole vast chunk of my mind, to which I would never find any answer anyway. There was no answer in there. It was being prompted by the worry, by the anxiety.

[Speaker 1] (19:47 - 20:10)

This is what I mean by, if you hit a lull, take that feeling up. See, that was an example of when you're in a lull, take that feeling up. Or he was stopped by anxiety, worry.

And she took that feeling up.

[Speaker 3] (20:12 - 20:17)

Instead of saying, what is it I'm worried about, you know, and why is it I'm, you know.

[Speaker 1] (20:17 - 20:29)

But see that, you see how heavy a lull that is, anxiety, worry, is a big, heavy block, blocking that feeling.

[Speaker 3] (20:29 - 20:31)

Because once you've dropped that.

[Speaker 10] (20:31 - 20:31)

But she took it up.

[Speaker 3] (20:32 - 21:22)

Here's another thing I discovered later on. After I'd been doing that for a few days, I said to Francis, now this is great, this is fine. But there's something else under here, because I managed to take the top slice of it off as it were.

What does worry mean? Attention, security, boom, boom, we're fine. But there is something down there that is actually prompting the anxiety.

In other words, for a few days I was simply saying, the reason I worry is to get attention. It satisfied me for a period of time, and then I saw that there must be some reality, actually. But what I discovered, what I'm saying is that by taking my feelings up, that which was the cause of the anxiety presented itself quite clearly without the thinking process of probing for it.

[Speaker 1] (21:22 - 21:22)

And what was that?

[Speaker 3] (21:25 - 21:47)

Wanting approval, basically. Going into myriads of other things. I can say that quite easily now, you know, and yet it took me a long time to see that it was that.

I wouldn't think that that's what it was. It had to be all these other... Because this happened to me when I was young, and then that happened, and...

[Speaker 1] (21:48 - 21:51)

See, that's the habit of all these therapies, they get you to...

[Speaker 3] (21:51 - 21:53)

It's simple, that's all it is.

[Speaker 1] (21:54 - 22:02)

It's just that someone said it's simple, and it's easy. The simpler a thing is, the more correct it is.

[Speaker 3] (22:03 - 22:21)

Well, now I see for myself what is meant by the fact that all fear is based in the fear of dying. I understand it now for myself that the root of all anxiety is, you've got to, you know, you've got to come here because I'm so... I've managed to stay here.

[Speaker 1] (22:26 - 22:35)

Fear is a horrible thing, and everyone has it so strongly. If that can be dropped, wow.

[Speaker 3] (22:37 - 22:59)

Well, it does, I think anyway, it just... It's funny, it's never even entered my head now since I've been using it because your own beingness is so unquestionable that I haven't even intellectualized, you know, what would happen if my body dropped to me or something like that because you're...

[Speaker 1] (23:00 - 23:03)

You're not thinking you're that body.

[Speaker 3] (23:04 - 23:12)

You're not even... I'm beginning to see now what it's all about, that it's about not feeling. I think I'm beginning to really see it.

[Speaker 1] (23:12 - 23:14)

What it's all about is not feeling.

[Speaker 3] (23:18 - 24:13)

And it's a terrific point about taking your good feelings up as well because I used to get so intense sometimes with what I would call joy and happiness. Maybe it would be with my music or going to mass. So I was doing mass, I would get so...

I mean, it was just... I had to suppress it. And I would become very unhappy afterwards and would wonder what was wrong because I just wouldn't know what to do with it, you know.

I would get so happy. Now I see that even my happiness is a terrific wanting, you know,

approval. And you can stay even all the time.

It's like you stay even all the time, which is just... I think I just imagined that it's supposed to be... You know, and it's so nothing.

Yeah, that's a good way.

[Speaker 1] (24:13 - 24:49)

It isn't nothing. It's a no thing, you know. It's just being.

I wish that people would take over the teachings and spread them to those who want to be spread over.

[Speaker 3] (24:52 - 24:53)

How can you do that?

[Speaker 1] (24:55 - 25:06)

You've got to go free first. If you're not free, you'll get clobbered. You really have to be free, otherwise you cannot go on teaching.

You'll collapse.

[Speaker 3] (25:07 - 25:52)

It's so obvious now, more and more to me. This is another thing, and Fran just mentioned it to me at one point. That would be good, sorry.

There's a bit in something else comes, I think, and it's compassion. It's a word I never would even have thought of using before. But you see how much we are all desperate for love.

I think there's the counseling. You mentioned counseling. It's bringing us out specifically now, because now I see in my mind all these people all over the world going for help.

You know what it is they really want? A love, approval. That's all anybody wants.

Weeks and months and years go by of going into their problems and telling you this, and that happened, and all you're saying all the time, really, is, Please listen to me.

[Speaker 10] (25:52 - 25:53)

Listen to me.

[Speaker 3] (25:53 - 25:54)

Please listen to me.

[Speaker 1] (25:54 - 26:05)

Even when you go to a medical doctor, people, doctors know this, all doctors, the majority of their sick people are not sick. They just want attention.

[Speaker 3] (26:06 - 26:07)

Why do you make yourself sick?

[Speaker 1] (26:08 - 26:09)

To get attention.

[Speaker 3] (26:10 - 26:54)

Please, I'm sick. You have to help me. Gosh, get in Mommy's bed, quick.

Books, sweets. It's just that. I mean, unbelievable.

Is he ever getting in Mommy's bed? In Mommy's bed. He'll tell me he hates me.

He used to knock on the floor. Didn't tell you it was time I needed to get up sick. Ah!

I need it! Now! Oh, great.

That's why being sick is so great.

[Speaker 1] (26:55 - 26:58)

Going to the toilet is used by kids a lot to get attention.

[Speaker 3] (26:59 - 27:02)

And being hungry. And being hungry.

[Speaker 1] (27:02 - 27:04)

Or falling down and hurting themselves.

[Speaker 3] (27:09 - 27:38)

I suppose the point is, like, imagine how often you tell somebody that. If the button's pressed, you know what I mean, you're looking for love. Nothing's going to stop you.

You're looking for it. You're tripping over it all over the place and you can't see that it's there. Until...

There's something about this method that makes you very secure. Yeah.

[Speaker 1] (27:41 - 27:53)

You're dropping your false securities. That's what makes you secure. Your false securities.

[Speaker 3] (27:53 - 28:02)

Until you feel yourself, and then you know you are secure. You always were secure. That's been the biggest thing for me, and it gives terrific security.

[Speaker 1] (28:02 - 28:04)

The absolute security is yourself.

[Speaker 3] (28:04 - 28:08)

OK, and you're saying you're dropping your false securities, right?

[Speaker 1] (28:08 - 28:09)

Right.

[Speaker 3] (28:09 - 28:41)

Remember that last time? What is it that made you lose the security that you received? Oh, well, yeah, I even saw that my desperation was a security to me.

The terrific desperateness which was underneath everything I've ever done in my life. You know, the strong desperation. It's one of the biggest things that has helped me in our time of need.

I saw. It's my security. I believed that my desperation was going to get me what I wanted, and that's why I couldn't give it up.

[Speaker 1] (28:41 - 28:46)

That's why we have desperados. Do you know what a desperado is?

[Speaker 3] (28:47 - 28:48)

I've found it.

[Speaker 1] (28:48 - 28:51)

It gets the security by taking it with a gun.

[Speaker 9] (28:55 - 28:56)

I wasn't making fun of you.

[Speaker 3] (28:56 - 29:19)

No, even if you were, it wouldn't bother me. I was just thinking of the fact, though, that, you know, you see it another way. If I'm desperate, somebody has to come and help me sooner or later.

You know, it's just like the extreme of it. But there is a security built into it. Eventually, you see that you don't really need anybody.

[Speaker 1] (29:20 - 29:24)

Right, when you get the security, you don't need anybody, even your own.

[Speaker 10] (29:25 - 29:25)

Mm-hmm.

[Speaker 1] (29:36 - 30:02)

Taking a feeling up is tracing a feeling to a more basic feeling until you get the source feeling of wanting to control or wanting approval. But everyone has done it. You know what it is.

What is there to talk about how to do it?

[Speaker 3] (30:03 - 30:05)

Well, not everybody knew in the beginning.

[Speaker 1] (30:05 - 30:27)

Oh, well, in the beginning, you have to be helped a bit. That's where I think counseling would be doing just that, like you did with Fernie. You get into the feeling.

They can't see. You keep juggling until they see the feeling, then trace it back up to the source of approval or control.

[Speaker 3] (30:28 - 30:36)

But, see, you didn't tell me what to do. What I'm saying now is what do you tell people to do? I did that because it worked on me.

You've never said it before.

[Speaker 1] (30:36 - 30:39)

Frances, you've been getting it from me for 10 years, this thing.

[Speaker 3] (30:40 - 30:41)

Not how to trace the feeling back.

[Speaker 1] (30:42 - 30:45)

Oh, I've been using this ever since I know you.

[Speaker 3] (30:46 - 30:48)

Well, okay, then that's what I was using.

[Speaker 1] (30:48 - 31:00)

I was always trying to get you into the basic thing that you want approval. Let's use love if you will, or control. I've always tried to get people into basic tendencies.

[Speaker 10] (31:00 - 31:00)

Right.

[Speaker 1] (31:04 - 31:08)

Been going on for years and years and years.

[Speaker 3] (31:11 - 31:22)

But if you talk to someone who doesn't have this background, what do you say to them about tracing the feeling? You don't give them a series of questions to ask to trace it back?

[Speaker 1] (31:23 - 31:24)

How do I do it?

[Speaker 3] (31:25 - 31:26)

I don't know.

[Speaker 1] (31:27 - 31:29)

You've had it for 10 years or more.

[Speaker 3] (31:29 - 31:34)

I'm talking about with someone now. If you talk to someone who's just had it for 10 years.

[Speaker 1] (31:34 - 32:29)

You get them to see that more basically that feeling is something else. And if it doesn't hit approval, then you see that more basically it's something else until they see it in the basic approval or control. Okay.

You get them first to get a handle on their feeling, get to see their feeling, get to know their feeling. That's the first thing you do. After you get them into the feeling, then you try to get them to trace that feeling back and back until it's reached wanting approval or wanting to control.

I think when the counselors are ready to go, I'll probably spend time with them. I've always had this.

[Speaker 3] (32:29 - 32:30)

You never have to.

[Speaker 1] (32:32 - 38:48)

Nobody's counseling except Kathy right now. I mean, out there. When people get in the world, it's a different story counseling in the world than it is in here, you know.

You meet far more of a challenge out there. Now, this subject is sometimes called truth, religion, psychology. As I see it, these are all the same subjects.

I should say the same subject, but the approach to it is from a different angle, and therefore it gets a different name. But it is the thing that every one of us is looking for either consciously or unconsciously. It's the actual goal in life for everyone, for every being.

And so few of us in the world today are in this direction. Everyone is looking for happiness, but they're looking for it in the wrong places. They look for happiness where it isn't, and therefore we have this unnecessary and unusual condition today where we have almost everything we want in the material sense, and we have less happiness now than we had 30 years ago when we didn't have the things that we have today.

Now, my object is to try to give to you what I have seen to point out to you the direction which, if you will take it, you will find this happiness. And the best way for me to get this across to you is to have you ask questions, and in the process of your asking questions, I try to point out the way or the direction in which you should look for you to find the answer. As I know this, it's a strictly do-it-yourself thing.

I point out the way you get the answers. Unfortunately, it cannot be taught as an intellectual subject as we learn things in school. If it could, everyone could be given this wonderful state of constant happiness with no sorrow just by being spoken to.

So the method comes out to be one of evolvement where it evolves from within outward. And the place where we find this happiness is within our very own self. So most of my answers, if not all, try to get you to go within, to look there for the answers.

We should take full responsibility for whatever happens to us because we are the cause for everything that happens to us in life. Everything that happens is initiated in a thought prior to the incident. But because we have put in a thing called time, we forget that at some time, and sometimes long before the thing happened, we had that thought.

Someone comes along with a thought of theirs, and when the two thoughts complement each other, two people meet. But again, we have to go within to discover that our thinking determines everything that happens to us. And that thinking is conscious and unconscious also.

And it's the unconscious thinking that is. Let me tell you one that's hard to believe. When I started approving this law, it was worse in small ways, and one day I said, my gosh, it's working.

All I need to do is to dare to think big. And so I said, what's the biggest thing I can think of? A Cadillac car, special built body.

I had a picture of it, and I was driving it already, and I let go of it. Well, in about two weeks, an acquaintance came to me and said, oh, that's right, I just bought you the most beautiful Cadillac, special built body. He said a friend of mine bought it and doesn't want it, and I got it for only $4,000.

I said, thanks. He owed me $50. He said, $4,000?

I looked at him, he said, don't worry about the money, I'll pay for it. Honest. What do you mean?

Oh, no, no, that was a conscious thought.

[Speaker 9] (38:48 - 38:58)

I know, but you're conscious that you were... I was proving the operation of the law. Yeah, you were trying to get a Cadillac, which you got.

That's what I'm trying to get at.

[Speaker 1] (38:59 - 39:28)

You know, I said, gee, I can have a Cadillac just by thinking Cadillac. That's what I'm trying to get at. I pictured a Cadillac.

I saw it. I was sitting in it. I could feel the...

a pulse rate in the car when I was driving it. It was mine. And I let go of it.

As already accomplished. He said, that already accomplished is a big part of doing this.

[Speaker 2] (39:28 - 39:37)

Does it help to identify yourself with that which you want? That which you picture.

[Speaker 10] (39:38 - 39:38)

Yes.

[Speaker 2] (39:38 - 39:40)

Well, actually, that's what you did.

[Speaker 1] (39:40 - 40:14)

When you got the opportunity... Yeah, I was in that car. I was one with it.

Now, anyone can do this. If he or she will. But it takes a thought uncluttered with other thoughts or to express it another way, it takes a conviction.

If you're absolutely convinced, that'll do it.

[Speaker 10] (40:15 - 40:17)

A conviction.

[Speaker 1] (40:23 - 40:39)

You don't have to know metaphysics. You don't have to be good. You just have to have a conviction.

That'll bring it about. Because the mind is an instrument of creation only.

[Speaker 10] (40:39 - 40:41)

And this is what's... Hm?

[Speaker 1] (40:44 - 42:03)

This is what's... By trying it first in small ways, it's not too hard to dare to demonstrate a very small thing. When that works, that gives you more confidence in it.

Try it a second time, a third time and it builds up. Eliminate the concept of limitation and you're back to your natural, unlimited state. Someday you'll laugh at all these efforts you're going through now because that which you're going to find out you are in the future, you are right now and always have been.

You may be kicking up a big fuss, trying to become that which you are. Where can you see something that isn't in your mind? Can you?

[Speaker 2] (42:05 - 42:07)

Everything you see, where do you see it?

[Speaker 8] (42:12 - 42:21)

There is a reality beyond myself. It's true, it takes this instrument to realize it. But there is a reality beyond myself, isn't there?

[Speaker 1] (42:22 - 52:59)

I don't think so. But look, everything that you perceive... Last session brings to mind a word called Liberation, with a capital L.

Liberation being another substitute for the word Happiness with a capital H. And because of what happened, it allows certain things to come out that were good. Liberation is Freedom, which is freedom of choice on anything and everything.

Freedom to do or freedom not to do anything you choose. When the group first started, you didn't have this freedom in the group. This was the only thing that I remarked about in the beginning because there was a hindrance in what we were trying to accomplish here.

Now, anything I give, I give freely, and that means on both sides. I give it from my heart. At the same time, you don't have to accept it.

If you accept it, that's fine. If you don't, that's fine. We never try to force anything, and anything done by force is wrong.

Never accept anything because I say so. This is just the opposite of freedom. If you accept it because I say so, you're accepting hearsay.

If you accept it for checking, that's good. Check everything I say. Check it out.

Not until you see it should you accept it. Freedom is choice to do or not to do on anything you want, and that is to accept or not to accept what I'm saying, and you should never accept it until you see it yourself. Before we can see the absolute reality, the changeless reality, we have to see the reality in the world.

Why? Why do we have to see something we have to dump? Because when we don't see the reality in the world, it's because of aversions to the world.

Attachments and aversions blind us to what's out there. That's why everyone looks at something and sees something different. If we all had no attachments and no aversions,

whatever we would see, we would see alike.

Every attachment, every aversion blinds us a bit. So to get to the reality with a capital R, we have to see what's in the world first. Never see it just the way it is.

When there's an accident that happened only one way, even though six people saw it happen maybe six different ways, we should be able to see the accident just the way it happened. Then we see the reality in the world. After that, we let go of the reality of the world by seeing the real reality.

The world becomes a dream. Just the way it happened. You're aware that people see accidents very differently, right?

They can't all be right. But yet there was one way in which that accident happened. That one.

But it is very good to see what's going on in front of your eyes exactly the way it's going on. When you talk to groups sometimes, you'll make a statement. Minutes after, someone says, well, he said just the opposite of what you said.

The reason why that happened is that person has preconceived ideas. The concepts are all set, and they only hear what they want to hear. They hear just the opposite of the way you're saying it.

Well, that's a block on the road to freedom. We should have no fixed concepts except one, that we want the absolute truth. Outside of that, we should have no fixed concepts.

It's very good therapy. It is excellent practice to try to help others. Someday everyone does that.

You live, not for your little self, but for your big self out there. You identify with all people, and your life becomes one of giving to others, just wanting others to be what they are, infinite beings, infinitely happy. It's your attitude that you maintain of seeing only God out there.

When you're fearing any emotion but this high love, it's the ego expressing. When you feel this pure love, it's the God-you expressing. So when you have any emotion, you're covering up the God-you.

I think it was in the Verities I took off on what emotion is, like it's never been took off on before, that there is no emotion but the feeling of lack of love. That's all it is. The more we feel the feeling of lack of love and wanting to re-establish the feeling of love, and to the degree that we feel that lack of love, we call it fear, hate, envy, jealousy, it's a different degree of the feeling of lack of love and the wanting to re-establish it that we call emotion.

Love itself is not an emotion. It's a very, it's the quietest of all things. This is something you never get into much in this group, is the psychology, emotions.

I went that tortuous road of psychology way back in the days of Watson's Behaviorism. Don't say yes to that. That was back in the early 30s, that was popular.

And I stayed with psychology right through the years. Ended up with Freud, very intense with Freud. And I studied everything that he wrote that was translated into English, I really studied.

And the whole thing behind Freud is purging yourself of the inhibitions and the compulsions. He calls it catharsis cathexis. The psychoanalyst tries to get you back to the times you set in these compulsions and inhibitions, have you relive it and free yourself of it.

And I discovered what the Freudian way took a year to do. And Dianetic Scientology you could do in one evening. And I discovered by metaphysics that what you were doing in one evening could be done every evening for millions of years.

There was so much of this inhibition and compulsion not only from this lifetime but from many, many lifetimes before that it was a forever process. That rather than that when we get to see who we are we just dump this ego with all its inhibitions and compulsions and in one lump sum we let go of the whole thing. And that, it's really the only way because while you're trying to get rid of these compulsions and inhibitions you're acknowledging the ego and you're validating it and you're sort of bogging yourself down because of that.

So the fastest and really only way is to recognize who you are. And when you do that scorches the ego. And you scorch it enough to burn it to pieces.

And it's finished.

[Speaker 5] (53:01 - 53:17)

Do we actually create a healing or do we learn to accept with peace and rise above pain or illness or death?

[Speaker 1] (53:18 - 53:24)

It depends on the way you look at it. The first one is here and the second one is here.

[Speaker 5] (53:25 - 53:42)

Well what brought it to mind was the other night you said about the time Gandhi wanted out of the car and he had to six feet. Why couldn't he heal his feet? Or didn't he want to or was it not worth his trouble?

[Speaker 1] (53:42 - 53:43)

He didn't want to.

[Speaker 7] (53:44 - 53:51)

In other words he was able to accept with peace above it. Now is that more than he thought was healing?

[Speaker 1] (53:52 - 53:59)

To him yes. But actually it was his own.

[Speaker 2] (54:06 - 54:16)

Because after all it's only your own concept of any word that gives you a real solution if you don't stick with your own concept.

[Speaker 1] (54:18 - 55:03)

All these words mean the same thing. Love is acceptance, identification, understanding, communication, truth, God, you, me. It's all the same thing.

And it will be to everyone if they look at it to the same point from your very own center. If you look at it from your very own center you'll see that it's all the same. Your very own center being your very own self with a capital S.

The real you that you are. Not this fake ego that we're trying to make a big thing of.

[Speaker 8] (55:06 - 55:10)

All our schooling, all education, everything.

[Speaker 1] (55:18 - 55:54)

That's why I said education actually is a system of learned ignorance. It's a miseducation as it is today. All the important things in life are never taught.

No matter how many years you go to college you don't get any courses on happiness, love, life. All these subjects that are so important that everyone is seeking. There's not a single course in any college in this country on it.

[Speaker 2] (55:59 - 56:12)

Everybody thinks of that course. They don't have any proper response on teaching. Or they came up to play.

[Speaker 1] (56:21 - 57:19)

It's an attitude of givingness. It's not an act of givingness of things. Now giving things could be part of it, and giving things could be just the opposite of love.

I can give you things because I want you to like me. That's not love on my part. That's trying to bolster my ego.

However, the greatest givingness that can be given is to give understanding, to give wisdom. If a man asks me for a meal and I give it to him, five hours later he needs it again. But if I give across to him the principle on how to produce a meal, he'll never go hungry again.

So the greatest givingness is understanding, wisdom.

[Speaker 2] (57:20 - 57:38)

I was going to say before that Paul was talking about the other person doing things which may seem to be against you to gain this end. But really, he's merely attempting to gain love by doing this for someone in his field.

[Speaker 1] (57:39 - 57:58)

And therefore, if you understand that, that understanding, there's no influence to gain love or love. That seems to be this misconception. Now, carry that through to the extreme and you'll see that every person in his every act is seeking love.

[Speaker 9] (57:59 - 58:12)

All right, and if I know that, and it seems that he's doing something against me, I know he's doing something for him and therefore he can't give me against me. I know that.

[Speaker 1] (58:14 - 58:22)

And as long as you know that you are correct, nothing can be done against you.

[Speaker 10] (58:26 - 58:29)

Well, if that person is doing it for himself, then it's a good thing.

[Speaker 9] (58:31 - 58:44)

Right, Teddy? Yes. Micro to micro.

Micro to micro, that's right. But if a person hesitates to give things, it's because he feels he doesn't have it all and that he may be taking something for himself.

[Speaker 1] (58:48 - 58:52)

It's in the attitude, not in the act of giving or not giving.

[Speaker 9] (58:52 - 59:03)

I see so many people who are trustees actually get frightened when they see people giving things and I don't see the difference. If they are so capable mentally, certainly they have all the things they need to give.

[Speaker 2] (59:06 - 59:17)

Sometimes, too, the pain would basically stop behind the condition that you're about to give them. Wow.

[Speaker 8] (59:17 - 59:29)

I feel like you were asking about the heart's function. If I feel love for the heart disease, then I give to the heart's function, so to speak.

[Speaker 2] (59:31 - 59:46)

If I would want to actually fight the heart disease, I would see the imperfection in the thought, in the brain, and know that love is the answer to all problems.

[Speaker 1] (59:50 - 1:01:27)

No matter what the problem is, if you will just apply love to the fullest extent possible and succeed, that problem will drop away immediately. Just don't get aggravated. Just know that everything is fine, everything's all right, and just feel love and you'll see that problem resolve itself.

No matter how difficult the problem is, when there are problems, if we would love more, they would disappear. When the love is complete, the problem dissolves immediately. Love is communication.

Communication and love go together. Communication is getting across an idea. I say, Frank, blah, blah, blah, blah, blah, and you say, oh, yeah, blah, blah, blah, blah, blah.

There's an idea from me to Frank and acknowledgment of it. That's communication. We both see eye to eye on the same thing.

[Speaker 2] (1:01:28 - 1:01:40)

Now, this is very important. What did you just say? We both see eye to eye?

All right, now let's forget about this eye. Right? Yeah.

[Speaker 1] (1:01:42 - 1:01:47)

Well, that eye to eye meant it's an expression. I didn't mean the physical eye.

[Speaker 10] (1:01:47 - 1:01:50)

Right, okay. Eye, eye.

[Speaker 1] (1:01:51 - 1:03:13)

Ha, ha, ha, ha. See, see. You can easily test this out in your own life that if you increase communication with an individual, you increase the love between the two of you.

This practicing communication, say something to them, have them acknowledge that they got it by repeating it, and go on and on that way. And the love between the two of you will keep going up and up. Increasing communication increases love.

And the other way around, increasing love increases communication. You'll notice that the more you love, the more you're able to communicate with people. Can I add something, Bob?

It's a very interesting thing that can be tested very easily. Just increase communication, and you'll see love. Deal with someone who's against you at the moment.

[Speaker 2] (1:03:14 - 1:03:48)

You betcha. Because, you know why? Because, as Paul said before, if someone appears to be doing something that appears to be against you, there is a lack of communication between I and I.

And if you do, if you open up that channel to increase the love between I and I, there is no longer anything that this man is saying that is more important to you because your awareness of him is raised to such a degree that there is perfect understanding between I and I. Isn't that right, Kate?

[Speaker 9] (1:03:50 - 1:03:53)

I didn't see whether Lester's just been there or not.

[Speaker 10] (1:03:53 - 1:04:11)

Laughter Another thing happens as love increases.

[Speaker 1] (1:04:11 - 1:10:20)

Reality in the world increases also. The more we're capable of loving, the more we'll see things exactly the way they happen. Now, if you practice increasing your reality in the world, your love will go up too, just in the same way that if you practice increasing communication, your love will go up.

Or, the converse, the more we love, the more we see things the way they are in the

world. If we were all very loving people, every time there'd be an accident, we'd all see it alike. Let's further up, Harry.

If you have the love complete, there never would be an accident. Love is communing. Love is communication.

Lending support, wanting for the other one, what the other one wants, that is love. The greatest help or giving one may give to another is to help the other to get the understanding of truth. In this way, one gives the other the formula for happiness.

Love is the cohesive force of the universe. Love is attracting, integrating, and constructive, and so affects everything and anything that it is applied to. Parliaments cannot write the world, but enough individuals feeling love can.

I think that's an interesting point for our present times. You cannot legislate a correct world. Parliaments will never straighten this world out.

Only when the individuals, when the majority of people in this world have an attitude of love will the world be a nice place to live in. Will it be harmonious? Almost all people mistake ego approval for love.

Because it is not love, it is not satisfying. Consequently, one continuously needs and demands it. And this produces only frustration.

Boy, the next one is a hard one. Let me just read it and skip over it. Love is not an emotion.

Or maybe I shouldn't skip over it. When I say love is not an emotion, emotion is energy in motion. It's an intense active, disturbing thing, an emotion is.

The emotion of love is the most peaceful of feelings. And in that sense I mean that love is not an emotion. People need each other and think it is love.

There's no hanging on to or fencing in of the other one when one loves. Human love does not want to share its love with others, but rather wants its own personal satisfaction. Real love wants to share its love and the more it is shared, the more joyous it is.

There is no longing for in love because longing is separation. Love being oneness, it does not allow separation. True love cannot be gotten through marriage.

It must be there before marriage or developed during marriage. Love cannot be applied to one and not to another. It is impossible to love one and hate another.

When we love one more than another, that one is doing something for us. That is human love. When one loves people because they are nice to him, that too is human love.

True love is unconditional. In true love, one loves even those who oppose him. See, the next sentence is a real test of where we stand on the subject love.

We should love everyone equally. This is a tremendous yardstick for checking yourself on growth. Equal-mindedness toward all beings, loving everyone equally, is actually the top stake.

[Speaker 9] (1:10:24 - 1:10:57)

Isn't the secret of love really a realization that you have all and he has all? Therefore, there is no separation. Because if you say, he's got something I haven't got, that's where a difficulty comes in.

It's like sitting on a pile of sand. You have a pile of sand, I have a pile of sand. I put a little mark on it and say, I want your river.

And I say, well, you've got a pile of sand and you just have to make a mark on it. You have a river. If you say, I want your river.

It's nothing but a pile of sand. It's just a word, river. I have all and you have all, so there's no fusses there.

That's right.

[Speaker 1] (1:10:57 - 1:11:00)

When you see the truth, everyone has exactly the same amount.

[Speaker 9] (1:11:00 - 1:12:01)

It's infinite. So if you want what I've got, it's simply because you don't see you're already sitting on a pile of sand, then you can have the sand too because you're sitting on it. That's simple.

So I say, you've got the sand. You say, well, I want mine. You can have mine because it's infinite sand.

I don't care. If I say I can't have, well, that's a difficulty. I say, well, I'm not sitting on infinite sand.

It's making an untruth. It's making a lie out of the truth. So love is really pointing out, well, you're sitting on a pile of sand like I'm sitting on a pile of sand.

Take the sand. And this is all the thoughts we're getting through our thinking. But we say, no, we don't.

We've got something. I have something. You don't have something.

Isn't that all the cause of our difficulty? Yeah, it's awakening to the fact that we have everything. And this comes first, doesn't it?

People in love.

[Speaker 1] (1:12:04 - 1:12:05)

How do you work at it from both sides?

[Speaker 9] (1:12:08 - 1:12:22)

Well, I can't love something. If Harry's got something that I haven't got, how can I love Harry if I don't? I want it.

It's only if I have it and he has it. And if he has it, he can't take anything from me. So we both love each other because we both have it.

We don't fight over the air.

[Speaker 2] (1:12:24 - 1:12:30)

Well, if you say to Harry, Harry, I love you because you've got something there that belongs to me. Ha!

[Speaker 10] (1:12:31 - 1:12:32)

Yes!

[Speaker 9] (1:12:35 - 1:12:57)

Isn't that right? Because together we admire and feel good towards the things, or towards that same infinite capacity that we have. Isn't that right?

There's no separation in our capacity. Your imperative is the same as my imperative. You know, what's in fight?

There's none. So all we can do is enjoy the same thing.

[Speaker 2] (1:13:20 - 1:13:23)

I think that Harry's doing meditation on his own.

[Speaker 10] (1:13:24 - 1:13:25)

I think we're working on it.

[Speaker 1] (1:13:31 - 1:14:00)

When the revelations start coming, they come. Just don't stop and let them keep coming.

It's been there all the time though.

That's the odd part of it. All we do is open our eyes to something that's been there all the time.

[Speaker 9] (1:14:01 - 1:14:04)

But it's usually something exactly different than what you thought it was.

[Speaker 1] (1:14:05 - 1:14:10)

Yeah, the concept was wrong. You let go of the wrong concept, and there it is.

[Speaker 2] (1:14:13 - 1:14:20)

Yeah, that's why you say the truth is right behind the thought. That's just the case.

[Speaker 1] (1:14:21 - 1:15:28)

Stop the thought. Stop all thinking. It is impossible to get love.

Only by loving can one feel love. The more one looks for love, the more one doesn't love. Kind of indicting.

One should strive to love, never to be loved. To be loved brings temporary happiness, ego inflation. When one loves fully, one can have no concept of not being loved.

When one loves fully, one can have no concept of not being loved. I think that's a good one.

[Speaker 8] (1:15:30 - 1:15:34)

That's Kenny's idea. It comes back to this thing of beingness.

[Speaker 2] (1:15:35 - 1:15:45)

You know, if we experience our beingness, we can't feel any desire, or we don't care what feeling.

[Speaker 8] (1:15:46 - 1:15:50)

I think, really, that is critically significant.

[Speaker 1] (1:15:50 - 1:18:31)

It doesn't change. It's one iota. When love is felt for the enemy, it makes the enemy impotent, powerless to hurt us.

If the enemy persists in trying to hurt us, he will only hurt himself. One does not increase

his love. One merely gets rid of one's hate.

That's what he brought up before, right? We can't increase our love because that's our natural state. Behind these concepts of non-love is always the infinite love that we are.

You can't increase it. All you can do is peel away these concepts of hatred so that this tremendous loving being that we are is not hidden. Actually, we don't keep increasing our love.

We just keep doing away with the limited concepts of hate that we've had before. By hate, I mean anything that's not love. Fear, envy, jealousy, apathy.

All those attitudes are different degrees of hate, at least the way I use it, they are. So we really don't increase our love. We undo our attitudes of hate.

Our attitudes of hate. Our attitudes of, our thoughts of limitation. The greatest sin of all sins, the downfall, is the ego sense.

I am an individual separate from the all. That's the real fall into mankind. Everything we do prostitutes God, practically.

Not only prostitution, almost everything does.

[Speaker 2] (1:18:37 - 1:18:42)

The sins are the meaning of the sins. What is backwards?

[Speaker 1] (1:18:42 - 1:18:50)

What else is backwards? What does it mean? Nothing.

Smith. Who ever heard of Smith? What does it mean?

[Speaker 7] (1:18:50 - 1:18:52)

It's nice. N-I-S.

[Speaker 1] (1:18:52 - 1:18:53)

It's nice.

[Speaker 10] (1:18:59 - 1:19:03)

You know, evil is spelled backwards.

[Speaker 1] (1:19:04 - 1:19:08)

It's lived. We've got to be careful of that backwards stuff.

[Speaker 10] (1:19:20 - 1:19:27)

I was just feeling my love. I'm feeling it myself. Only you can feel your love.

[Speaker 8] (1:19:31 - 1:19:37)

You have your way, I don't have mine. That's his concept.

[Speaker 1] (1:19:40 - 1:19:48)

You know, while you were mentioning that they don't have any courses on joy or happiness or peace, there's a couple of colleges.

[Speaker 2] (1:19:48 - 1:19:53)

In the colleges I taught, well, the one that comes the closest is sex education.

[Speaker 1] (1:19:55 - 1:20:05)

And you're being facetious again. That word I is the exact same I, no matter who uses it.

[Speaker 2] (1:20:07 - 1:20:11)

Maybe we all see I-I a little more often.

[Speaker 1] (1:20:20 - 1:20:34)

When you get to top state, you have a consciousness. There's a constant I-I-I goes on in the top state. That's all you see, hear, feel, think, know.

It's I-I-I-I.

[Speaker 10] (1:20:35 - 1:20:38)

Which is your beingness.

[Speaker 1] (1:20:42 - 1:20:47)

And it's beingness that never changes. Beingness always is.

[Speaker 2] (1:20:52 - 1:21:06)

It's becoming the opposite of being. I don't think you have to become before you be. No.

You have to be.

[Speaker 1] (1:21:07 - 1:21:17)

The becoming is an apparency. You are. I am what I am.

It's an amnesia.

[Speaker 2] (1:21:21 - 1:21:38)

Well, I guess the way I visualize it is, you're you. You're being, but before you can see, you have to take off these coats, jackets, or whatever you're...

[Speaker 1] (1:21:39 - 1:21:41)

Blindness. Blindness.

[Speaker 2] (1:21:41 - 1:21:43)

But isn't that the becoming?

[Speaker 1] (1:21:44 - 1:21:51)

It's the apparent becoming, yes. But you are, so how can you become? It's only an apparency that you are becoming.

[Speaker 2] (1:21:55 - 1:21:59)

Well, it seems like to me, you're not there yet, so you have to...

[Speaker 1] (1:22:00 - 1:22:11)

It seems that way. You're right. So therefore, it seems as though you're becoming.

But that's a seemingness, that's not the truth. The truth is you are, here and now.

[Speaker 2] (1:22:17 - 1:22:19)

Well, I guess...

[Speaker 1] (1:22:21 - 1:22:53)

I mean, to me what you're saying, I can't quite understand it. I'm in West Covina, I just haven't got there yet. No, you are there now, but you've got this very limited concept that you're only here.

That you're only that body, and only through that body can you be somewhere. That's not true. If you would see the truth, you'd see everything going on at home, right now, as you're talking with me.

He's talking with me.

[Speaker 2] (1:22:55 - 1:23:09)

He's talking with me, but I hear the... So am I, right, gentlemen? Absolutely.

But when you see him here, it's always... But he can go back there any time he wants to.

[Speaker 10] (1:23:11 - 1:23:12)

Well, he is there, really.

[Speaker 1] (1:23:21 - 1:38:17)

But these are things that we can't talk ourselves into. These are things we have to realize on our own. We have to see it through our own mind's eye, so to speak.

Otherwise it's just words. Someone who doesn't think he's omnipresent says, that's ridiculous, I'm right here. So until we realize this, it has no meaning, really, for us.

But I say try to realize it, and boy, what meaning it'll take on, when you find out you are, always have been, always will be, omnipresent. It's a good chance, it's a good opportunity to grow when people are saying things about you, opposing you. It gives you a chance to practice the real love.

It gives you a chance to practice the real peace. As far as they're making sounds with their mouths, there's no reason why you should feel bad about it. Opposition is a very healthy thing.

It provokes growth. So love is a thing that the world sings about, writes about, has movie pictures about, and knows very little about. Love is portrayed in the movies as always a male and a female, winning each other.

The real love is winning the universe, not just one person, but every individual in the universe. This is the next group. In the practical end of it, I left out square all with love.

This is an excellent gimmick. During the day, if we try to fit everything into love, whatever we're doing, it will make for rapid and tremendous progress. Square all with love.

Am I doing this with love? No matter what it is, try to do it with love. That's another gimmick.

Both of those are excellent for daily growth. Take full responsibility for whatever happens to you. No matter what it is, say, what did I do to cause this?

You'll develop the habit of bringing up the cause for what's happening to you. You will prove to yourself that you are the master. You've caused everything.

And since you are the master, you can uncause or cause what you would like to have caused. By taking full responsibility and squaring all with love are two excellent means of growth that can be used every day in our relationships with people. It's almost

impossible to give you all the details, but we give you the overall summary.

And we have two basic assumptions. First, that each one of us has an unlimited potential that we limit with our subconscious acceptance of limitation. That if we can undo these subconscious concepts of limitation, what would be left over is the unlimited individual that we are.

The second assumption is the basic law of this universe is harmony. It operates for the planets, it operates much more so for the animals, and it's almost absent for man. And the reason for that is this subconscious programming that's holding it away from us.

What we need to do is to get this constant involvement with the subconscious direction out of our way. And then this tremendous potential that is available to every one of us is usable by each and every one of us. We are now spending 99% of the time with our conscious mind holding down all the suppressed accumulation of feelings from the past.

If all our anger came up at one time, we would be totally out of control, we might damage someone, and therefore we must necessarily hold down all that accumulated anger. The same with grief. If all our grief came up at once, we would be overwhelmed with grief to the point we wouldn't have control of ourselves.

And this goes for all the emotions. There is so much of an accumulation of all these feelings from the past that we have to spend the major part of our time holding down these pressures. And I call them pressures because every subconscious feeling is wanting to come up and spend itself.

And we are very careful lest it come up and get out of control. Now when these subconscious pushes and pulls and drives are dumped, we find ourselves completely at peace. No thoughts in our mind, no feelings except when we want a thought or want a feeling.

And then by free choice, we put a feeling or thought into our mind and we carry it out. The before picture is we are being driven by our subconscious programming. The after picture is our mind is quiet and only when we choose to put a thought or feeling in do we do so.

And we choose to use feelings in order to communicate with others. So whereas before we were a slave to our feelings, after our feelings are slaves to us. Our problem today is that the accumulation of the subconscious programming is so heavy, so extreme, we are just drowning in it.

And we need a way of undoing this that is very effective. There are many ways being put out to dump this subconscious garbage. But we have discovered a way that is not known to the world yet by getting to the basics underneath it and undoing the basic so that it's like cutting the roots.

We cut the roots and the majority of feelings go with it. It is a very effective method. It is a very simple method.

We do give you a total picture of minds and feelings and how they operate. We give you a chart that becomes a chart of your subconscious mind that relates thought and feelings. How they relate to each other.

How superficial feelings will sub-base it to fewer feelings that we call emotions. And how the emotions will sub-base into two feelings that if we attack it there, we can undo all the feelings. It is so basic, it is extremely effective.

Now there's a very interesting thing that happens. As we rid ourselves of our subconscious drives, something takes its place. And that something is the thing we are all seeking and we call that thing love.

Our basic inherent nature is all love, only love. And it is covered over and smothered by our suppressed feelings. That as we dump these subconscious feelings, we become more and more loving.

And as we become loving, the harmony of the universe that is there all the time begins to manifest for ourselves. As we dump these subconsciously suppressed feelings, everything in life gets better. We don't have to go for particular goals, although we may.

Everything gets better. That is the nature of the world. It is harmony.

I have given you quite a short encapsulation presentation, but I think if we open the floor to questions, we can relate directly to you and give you a better understanding. So if you have any questions, please don't hesitate to ask and we will do our best to answer whatever your question is. Yes?

What is your technique? It's a technique of first showing you the totality of mind, emotions and how it all relates. It's a technique of getting your subconscious mind from out back there where you don't see it, right out in front of you, so you can work with it.

It shows you the four things we can do with emotions, feelings. The worst thing we do, of course, is suppress it. The next worst thing, or better, is escape it, movies and so forth.

The third thing we can do, which is the beginning of a relief from the suppression. The third thing is express the feeling or the emotion. And the fourth thing is the thing that we work on.

It is dumping the suppressed emotions. So when you see that whole picture, the picture of your mind, and you have your mind really down there, you'd be surprised what's in there, but when it's on a paper, on a chart in front of you, it charts the whole thing, where you are, where you need to go, and it gives you the whole method, right on that

chart. It's experiential.

Because I, myself, have been with psychology, psychiatry, from the 20s up until 52, I studied all the psychologies. I started with Bob Lobian, Watson's Behaviorism, through Freud up until the present time. I had four years of psychoanalysis under an associate of Freud, who's not alive today, four times a week.

I've been through all that, and I never got the answers through the psychiatric approach. Their goal was to adjust me to my environment. I didn't get the answer there.

I got worse and worse and worse. After I had my second heart attack, I had enough incentive to get the answers. I had to get the answers.

I discovered, by getting within myself, in a period of three months' time, that each one of us is a being with no limits. Psychiatry doesn't know this yet. But I discovered that for me, if it's for me, it's for everyone.

Whatever I went through, anyone can go through. By taking that way, I discovered we are beings that have no limits. And once you see the total picture, you see what the mind is.

You see the psychiatric world has a difficult time explaining mind, happiness, and so forth. I can tell you what it is. It's so simple.

Your mind is the sum total collection of all your thoughts and feelings, period. Now, the majority of them we're holding subconsciously.

[Speaker 2] (1:38:20 - 1:38:26)

Well, how do you reduce these? Because... That's simple.

[Speaker 1] (1:38:29 - 1:40:22)

It's simple, but we are so conditioned to use almost our total attention to keep our feelings suppressed, we have to bypass your habit of your lifetime to take you through it again and again, experiencing you in it so that you know what it is through experience. The answers will never be gotten through your reasoning mind. It's one thing you'll learn.

You probably know it today, right? You can't get the answers through your logical mind. I tried.

Not only did I study the field of psychiatry, but I studied all the philosophies. I even studied medicine, economics. Every field of man trying to get the answer is to no avail.

I reached the point where I was at the end of the line. They told me I might die any day. Then I realized that all the accumulated knowledge I had gotten over so many years,

reading textbook after textbook, was of no use.

Then I had to drop all that and sort of start from scratch. Then I discovered this method, that it's not in the reasoning mind. It's in understanding the feeling.

It's in understanding what suppressed feelings are, how to get a handle on them, get them up, and actually dump them. I would have to take you through it. I could talk forever and never explain it to you because it's experiential.

Like trying to tell you what an orange tastes like. I can't explain it to you. If I gave you the orange and you ate it, you would know.

[Speaker 2] (1:40:23 - 1:40:58)

It's something we have to take you through. I would love to... There's a lot of truisms which I'm sure we all agree.

I remember in these three years I used to be a salesman. I realized, in order to sell my products, I had to enough to pay a very great amount of dollars. You asked me to go along with you in blind faith.

I'm quite sure you believe in everything you say. But you haven't given me enough to hang my head on.

[Speaker 1] (1:40:58 - 1:42:23)

You're right. You're right. And I'm telling you it's something that I cannot prove to you.

The only proof, the real proof, would have to be you're taking it of course. The next best proof is talking to someone that you know and have confidence in who has been through it. The third proof would be what you pick up from me.

I cannot sell it like an external product. It is a subjective science. It is a science.

And there's no external presentation of it. It's the going through it, the experiencing of it, that proves it to you. And one of my basic principles is believe nothing until you can prove it for yourself.

I am handicapped by that. And therefore I say the best thing now would be to talk to those who have been through it, especially people that you know. See, we came to New York only last February and just by word of mouth that we kept going and growing because the ones who have been through it got their friends to come in.

[Speaker 2] (1:42:25 - 1:42:32)

Is unlimited being who you are that you speak of in terms of spirit?

[Speaker 8] (1:42:34 - 1:42:37)

Separate from the body or part of the body?

[Speaker 1] (1:42:40 - 1:42:49)

Unlimited means unlimited in every direction including the body.

[Speaker 2] (1:42:50 - 1:42:56)

Would you be more more quantitative or specific?

[Speaker 1] (1:42:58 - 1:43:55)

Today there are enough stories of these people especially from the east, the yogis, who do these unusual things. Islanders in the Pacific Islands who run over hot coals and don't burn their feet. All these unusual things show the inner potential that we have.

And there's many of us who occasionally experience something most unusual that happens that has no rational explanation. The unusual is being shown to us more and more every day even on TV and through the media. So I feel as I'm talking about something that is known today.

Ten years ago, no.

[Speaker 2] (1:43:56 - 1:45:30)

Well, the yogi is someone who has had a very special kind of background and experience that has directed him specifically. But we all here have a different kind of background and a different kind of experience. His life has prepared him for that specific limitlessness relative to our limitedness.

But our lives are necessarily lives of limitedness. Right now, as I sit here, I am limited by this situation in my social training background. Now, if I wanted to delimit myself, I would have to violate the bounds and codes of social limitation.

I may feel an impulse to be myself, but then I would be going against the whole force and inertia of all our conditioning and programming. So I don't get up on the floor and do my meditation and give a lecture. Nor do you break the space-time continuum.

Nor do I what? Nor do you break the space-time continuum. And it's a limited being.

It's unlimited. Then there is no limitation to space or time. And you've said those limitations.

Now, have you been able to do that? Is that part of your process? I have experienced some of it.

You've broken the space-time continuum.

[Speaker 1] (1:45:31 - 1:45:52)

I have experienced some of it. Now, we don't expect you to fly out the window from our doors. We...

We say to you, you will begin to break the limitations. Your life will get better. The harmony that is natural begins to manifest.

[Speaker 7] (1:45:56 - 1:47:33)

Can I say something about it? See, we're getting into an area that is, for most of us, very speculative. I mean, you believe it or you don't believe it, and it gets into a lot of intellectual concepts about it, etc., etc. And what would happen if, if I were unlimited, then I would have to break the social bonds and so on. Not necessarily, but that's beside the point. The point is that the method we have is practical.

It isn't asking you to accept pie in the sky. It isn't asking you to fly out the window. It isn't asking you to even go so far as to break the space-time whatever, because if you want to do that, you can use the method to get yourself to that place where you can do that.

But most of us don't care about that. Really, most people don't give a hoot about that. What they really want is to be able to make their lives work and be happy and not be miserable and not be pushed around by the world anymore.

And that we can offer you, and that you can start doing the first day with our method, because it's practical. It's used in the world. It's used in, when somebody gets you upset, bang, you use it.

Right then. You don't have to wait until you go home. You don't have to go on a shrink's couch.

You can just use it now. Right now, when the thing is happening. It's very practical.

So, all of the other talk is nice, and nice theory, and it's beautiful to think about, and it's a wonderful thing to have as a goal, but it's not, we're talking with our method. It's practical.

[Speaker 11] (1:47:33 - 1:47:37)

You said people even have taken it? We begin to be limited.

[Speaker 7] (1:47:38 - 1:47:39)

Sure, I'm sure they will.

[Speaker 4] (1:47:39 - 1:48:01)

May I ask this question? I agree with most of the things you've said. However, I didn't understand what you meant about some of the cultural things that people do, and seeing an escape necessarily, and limiting them from really seeing their own selves.

For instance, film, theater.

[Speaker 1] (1:48:02 - 1:48:05)

No, I said an escape from our feelings.

[Speaker 4] (1:48:05 - 1:48:22)

They may not be. They may be strictly cultural things, and may not be covered. I can see a person even with your method, when they finally do, are able to enjoy life, doing even more of those things in a more happy way.

[Speaker 1] (1:48:23 - 1:48:58)

Yes, I agree with you. It could be, it doesn't have to be as you said. Right.

All right, now, what we do is set out some basic principles, and as I said, we're not going to tell you you're going to fly, but we tell you your life will begin to get better in many aspects. You will increase your happiness. You will increase your well-being.

You will get quieter and calmer in your everyday life. These things you will do.

[Speaker 7] (1:49:01 - 1:51:35)

I'd like to say something about I know we have some performers here tonight, some actors or performers, and I'd like to just say a few words about that aspect because I know some of you are here. One of the problems in performing is the uptightness we get when we have to go on stage. That can be eliminated.

Another problem with performing or getting into a performing situation are auditions. Those things can be handled. You can use the method before the audition.

You can use the method during the audition. You can use the method after the audition. It's usable.

It's practical. And another aspect of the performing area is in feelings. Actors use their feelings.

Singers use their feelings. The more feeling you have, the more effective you can be as a performer, whatever your craft may be. Musicians also.

Now what we say is that most of the time you have to work around your suppressed feelings that are pushing you. You get uptight about the audience, about some guy in the audience that's falling asleep or talking to somebody while you're trying to perform, and to the degree that you get involved with what's going on out there, your performance suffers. Okay, you have to work around your own feelings in order to perform.

We say get those compulsive feelings out of the way, and you open the channel for that creative energy to flow so beautifully. You don't lose your feelings. You only widen your range.

You don't lose anything. You only gain. You gain mastery over your instrument.

You can take a feeling that's required for a part and bang, you've got it. You don't have to go into your childhood to figure out what you're going to use to get you that feeling. You don't have to be afraid to experience anger on stage because you're afraid you're going to really hurt the person you're playing opposite.

You don't have to work around your own feelings. You can dump those compulsive feelings, the ones that scare the heck out of you, and then you're free to have any feeling you want, any time you want, to whatever degree you want. So I know we have some performers here, and I wanted to include that for that particular group of gathering tonight.

[Speaker 1] (1:51:36 - 1:52:15)

To sum it up, we are now working around our own subconscious pushes and pulls. When they're out of our way, as a performer, we can put whatever feeling we want into action to whatever intensity that we want for as long as we want, and when we're finished with it, we drop it as though it never was and can go into an entirely opposite feeling with ease. When the subconscious feelings are out of our way, we are in total control of our feelings.

Do you think this will replace psychiatry?

[Speaker 2] (1:52:17 - 1:52:24)

Do you think your method will or should replace psychiatry?

[Speaker 1] (1:52:24 - 1:52:34)

It will not replace psychiatry because people want psychiatry. It is extremely more effective than psychiatry, yes.

[Speaker 2] (1:52:36 - 1:53:02)

Well, as I understand what you're doing is pointing out limitations to the imperfections and the removal of these limitations through the emotional transplantations to the imperfections, and that when we utilize these methods, we'll then have a perfection of these abilities and of these things which is already our perfect feeling. Is that what you're saying?

[Speaker 1] (1:53:03 - 1:53:10)

Yes, we move in that direction. As we get the limitations out of our way, we are less and less limited.

[Speaker 2] (1:53:11 - 1:53:12)

And that's perfection.

[Speaker 1] (1:53:13 - 1:53:15)

It's moving toward it.

[Speaker 2] (1:53:17 - 1:53:19)

And that already exists, only we're not aware of it.

[Speaker 1] (1:53:20 - 1:53:24)

Is that what you're saying? It's our potential.

[Speaker 2] (1:53:26 - 1:53:29)

In other words, it already does exist, we have to move it.

[Speaker 1] (1:53:30 - 1:53:35)

We have to get the blocks out of the way for that potential to manifest.

[Speaker 5] (1:53:36 - 1:53:37)

And it does already exist.

[Speaker 7] (1:53:39 - 1:53:39)

Potential exists.

[Speaker 1] (1:53:40 - 1:53:46)

The potential exists, yes. I think we're into semantics.

[Speaker 7] (1:53:46 - 1:53:50)

Yes. How long have you been working Excuse your own particular case.

[Speaker 6] (1:53:51 - 1:56:03)

Excuse your own particular case. May I say something maybe to verify a couple questions that you've been bringing up? Now, I understand this is mind freedom, right?

That's what you're projecting, right? Right. Okay, far as what they have been asking.

Okay, it's all about self, right? Becoming aware of self. That's what the self-conscious mind is all about, right?

Okay, now, when you come about to become aware of self, you must give up a whole lot of things. That's what you were saying earlier about to come in harmony with love. Okay, in order to love, you must be heated.

There's a balancer for everything. For negative forces, there are positive forces. But you need both forces to create energy, right?

Okay, now, my personal viewpoint, my personal life, I'm 26 years old. I'm from Ohio, Dayton, Ohio. I've been up here for five weeks now.

Okay, I have a thing. When you say an actor, I am an actor. But I'm not on a silver screen.

I act every day out here on the street or a building or whatever. Because I program my self-conscious mind to do anything I want to do. Okay, my mission of coming to New York City, I had 10 natural fingernails as long as these.

These are my natural nails. Okay, in order for any individual, not male or female, to grow natural nails like this, you must be in tune. So, it's all about the mind.

Whatever you want, you can program your self-conscious mind and your self-conscious mind will find these things that you're looking for. And this is what freedom is all about. In order to become free, you must be locked in.

And your body is, it's all about the mind, it's all about the physical, but you must always believe that the spiritual controls all of that. And the mind is spirit. Lee?

Are you taking the course? Uh, taking the course of what?

[Speaker 7] (1:56:04 - 1:56:04)

Life?

[Speaker 6] (1:56:04 - 1:56:19)

No, no, no. This is the first time I've been up here. Are you teaching your own course?

Uh, no. I've been asking some questions and asking some, sir. Now, who are you employed at?

Are you employed? No. You self-employed?

Uh, no, no.

[Speaker 1] (1:56:19 - 1:56:22)

Let's not get involved in these things.

[Speaker 6] (1:56:22 - 1:56:23)

No, no, no.

[Speaker 1] (1:56:23 - 1:56:23)

All right.

[Speaker 6] (1:56:24 - 1:56:25)

It's all about the mind.

[Speaker 1] (1:56:25 - 1:56:33)

We accept what you say as being what you see, what you do, and it sounds good to me.

[Speaker 10] (1:56:33 - 1:56:34)

Okay? It sounds good.

[Speaker 1] (1:56:35 - 1:56:36)

Yeah. All right.

[Speaker 12] (1:56:36 - 1:56:41)

Now, I would like to answer your question.

[Speaker 10] (1:56:41 - 1:56:43)

You're the originator of this. Yes.

[Speaker 2] (1:56:43 - 1:56:46)

You've been working on your own personal situation for a while.

[Speaker 10] (1:56:46 - 1:56:46)

Yes.

[Speaker 2] (1:56:47 - 1:56:50)

I don't mean to be offensive, but you don't want that happening.

[Speaker 6] (1:56:55 - 1:56:56)

What I gained...

[Speaker 2] (1:56:56 - 1:56:59)

Nothing succeeds like success, and you don't want that happening.

[Speaker 1] (1:57:03 - 1:57:42)

...that no one can ever disturb, and that, I say, is the goal. That is nicer than even happiness. When you get to a high degree of joy, where joy gets very intense, even the joy itself can get to be disturbing in that it's too much action.

There's a nicer state than joy called peace. I'm calling it calmness, and I say that is the goal, and that when you get that, you're in the nicest place there is.

[Speaker 2] (1:57:43 - 1:57:48)

By the way, Lester, if you did look like Alfred E. Newman all the time, I don't think anyone would like you.

[Speaker 11] (1:57:50 - 1:57:50)

Yes.

[Speaker 6] (1:57:51 - 1:58:05)

I'd be cutting off now, but you say the whole concept is taught by inner peace, right? Okay. Outer peace, too.

Please. Outer peace also. No, we're projecting your physical power.

[Speaker 1] (1:58:05 - 1:58:14)

Yeah, get to the place where things and people do not disturb you, and that's what I mean by outer. People are out there.

[Speaker 6] (1:58:14 - 1:58:16)

But in other words, what you're running...

[Speaker 1] (1:58:16 - 1:59:06)

Let me finish with this gentleman. Let me finish with him first. I want to satisfy, to the degree that I'm capable, your question.

I have used the method. I reached a place where I have no problems in life. I know the mind is only creative.

I'm able to use my mind to create whatever I want. What I discovered, I would love to see others discover also. I am trying to get it out so others can discover that there is a place where they can be, where they are disturbed no more.

Answer me your question again.

[Speaker 2] (1:59:06 - 1:59:38)

All right. I know most doctors, when they come upon a discovery, let's say, psychiatrically, will make it known to the medical professional through a paper or publish it in the AMA magazine or whatever. In other words, they'll make it public and make it known to the general public.

I've heard of that. I've heard of that. A lot of these minds, it seems to be that it seems to be crazy that our society is getting into one place.

[Speaker 1] (1:59:41 - 2:00:03)

Right. Because we have been very quiet. This week, we started advertising the first time we moved out.

And I'm questioning whether I should. We're not that noisy, as you say the others are, in shouting our wares. Yes.

[Speaker 2] (2:00:05 - 2:00:06)

Why wouldn't you want to?

[Speaker 1] (2:00:08 - 2:00:26)

Well, what we have is really nothing new. Everything I said has been said by many others and is as old as man is. The potential of man has always been known.

Right? I haven't said anything new that you haven't heard before, have I?

[Speaker 2] (2:00:27 - 2:00:36)

No, no. But the idea that you have a process that we don't know. That nobody else knows about either.

[Speaker 11] (2:00:37 - 2:00:39)

I say that is true.

[Speaker 1] (2:00:40 - 2:00:57)

I have it. I can't prove it to you. The best proof you can get is talk to someone who's been through it and whom you have confidence.

Or the only real proof is if you take it yourself. If you don't feel that...

[Speaker 5] (2:00:57 - 2:01:03)

I'd like to hear from some of these people how they've experienced the benefits and what changes they have in their life.

[Speaker 1] (2:01:04 - 2:01:22)

Are there any graduates here who would care to speak out? We don't use pressure. We don't believe in that.

Are there any graduates who would like to tell their experiences on how they have been helped in their life?

[Speaker 4] (2:01:24 - 2:01:29)

Well, I will say that as far as you're saying the message, what it is is a tool.

[Speaker 10] (2:01:29 - 2:01:30)

You've taken the course?

[Speaker 4] (2:01:30 - 2:04:50)

Yeah, I have taken the course. I probably have been involved with Lester longer than he was. Others may have heard about Lester when he was in Arizona.

And from a friend of mine here in New York, an actor, and he was just starting this course, and this was two years ago, and I flew out to Arizona and stayed there for about ten days and took this course and I was sort of staying at what was the center there, which it was at that time. And I took it there and then I came back to New York and used my tool. And the advantage I see, and there is something that you can use in every circumstance and every situation.

And it's directly connected with you. I mean, and where you are at that particular moment. And I mean, I've studied metaphysics and I've studied the stars and I've studied various other things, which all say all the truths in very glowing terms.

And I was raised knowing that I was an infinite being. I was told this since I grew up. And

I mean, that's great to hear.

I mean, it's lovely I've said I'm an infinite being forever. But, you know, there are lots of things that come up. You know, I had crises and tears and battles and all kinds of things.

And this way of looking at not only yourself, but looking at human behavior in general, is absolutely fantastic. And it is a very simple way. It's not complex.

That's the genius of Lester. If he has been able to put it in the simplest form, and I think the simplest things are the best, and the easiest way to do it. And it's sort of for 20th century viewing.

It's sort of for the way we live. It's sort of not to go into an institution and sit as a monk and meditate. But it is within our complex society that it works the best.

And I will say that I have a 15-year-old daughter who's also saying this. And it's helped with her age group too. So, and it's one of those things as much as you use it, it works.

Well, I will say that it's, well, my one problem was that I had sort of a, when I went to Lester, I was, I was in a very apathetic state of grief where things in life, I would cry. I mean, I couldn't, if I was talking to a business person, or something went against my core, I would suddenly, these tears would come up. And if I would get into this incredible situation, I couldn't function.

You see, I was, and I was able to see this, this is one tangible, and able to see why it was, where I was, and to rid myself of it and sort of progress up the ladder in all things that were holding me back in this field. And I'm an actress, an actress and a creative person, and I was also able to see that I was able to tap into my own creativity and my own intuition, far greater than I could ever dream I would be able to.

[Speaker 2] (2:04:51 - 2:04:59)

You know, if you'd taken a course in food and vegetable, what would that be, starting your own company?

[Speaker 4] (2:05:02 - 2:05:03)

I have no desire to do that.

[Speaker 2] (2:05:04 - 2:05:05)

Or anyone else who would pay for it?

[Speaker 4] (2:05:06 - 2:05:30)

They certainly could. I mean, I'm sure you'd like to start a course, but I mean, I enjoy the freedom, and I've enjoyed working with Lester, and I've enjoyed the people around us,

and I've enjoyed supporting it. I mean, I have too many other things to do rather than start my own.

[Speaker 8] (2:05:32 - 2:06:04)

I want to say something about what you just mentioned. The simplicity of it is the most mind-blowing part of it, and just the idea of trying to make it more simple than it is is well, first of all, there's only two directions you could possibly go. You could make it more complicated, which wouldn't be the method, which would be a lesser thing.

You couldn't get more simple, so you couldn't go the other way.

[Speaker 4] (2:06:06 - 2:06:35)

This federal process, it's very simple to use a hammer, but there is a skill, and it does take practice, and it also takes energy, it takes skill, and it's a method that you and it takes time, and it's something that can't just, you know, in five minutes, you could say what it is, but it's one of those things where you have to experience it.

[Speaker 2] (2:06:35 - 2:07:33)

That's why it's structured for 30 hours, it's structured in such a way that you learn as you're going on. The first day, when I graduated two weeks ago or so, the first day I was using the method I was working for, and sometimes when a person uses it, they get overwhelmed with joy, they start laughing a lot. I didn't laugh that much.

I just enjoyed myself. And the greatest thing for me is that my girlfriend also said to me, we've got a beautiful relationship. Why?

It's so permanent. It is. It's very permanent.

You can use it as much as you want, the more you use it, the more you've done it. And you can use it in any situation, anywhere, with anyone. You can carry it with you to a place that's as cool as it was.

[Speaker 8] (2:07:34 - 2:08:19)

It's great. I just want to say something else. The greatest thing it's done for me is gotten rid of a thing called despair.

One thing I can say is permanently gone. Anything that comes up, I can handle it. I may choose not to handle it, but it jokes on me.

You know, I see it immediately, let go of it, and it's gone. There's nothing in the way of your unlimitedness except your own holding on to concepts of limitation, and that's all we're holding on, feeling very holy about it, you know. You're like a holy man.

[Speaker 6] (2:08:20 - 2:08:27)

It sounds, when everybody's saying, to me, you'll be saying, you'll be beautiful.

[Speaker 11] (2:08:28 - 2:08:37)

And everybody's also saying, you know, I feel really happy, really fine, really beautiful. How is that?

[Speaker 1] (2:08:48 - 2:09:53)

Our unhappiness is due to the suppressed garbage that we're holding. The inhibitions and the compulsions cause our unhappiness. As we dump them, we gain happiness, and it's permanent from here on.

And the more we dump, the happier we become. So as time goes by, we get happier. But what we dump is dumped permanently, whatever it is.

Anything that you accepted from your parents, is a better way to put it, yet. No. The autosuggestion is programming.

We try to deprogram all the programs. All these programs are of limitation. We get the programs out of the way.

The intuitive thing that we are comes through.

[Speaker 4] (2:09:58 - 2:09:59)

We've got years of habit.

[Speaker 5] (2:09:59 - 2:10:05)

I mean, until we can counteract the whole lifetime of bad habits and programs.

[Speaker 1] (2:10:05 - 2:10:12)

No. You're shown a method that becomes a tool that you use in your everyday life.

[Speaker 11] (2:10:13 - 2:10:16)

Would you slip and forget the tool the rest of your life?

[Speaker 1] (2:10:16 - 2:11:21)

No, because it's so basic, and it's so cover-all, you can't help but see it in the world. As you go through the world, you just see it. It's a simple presentation of what it's all about.

You cannot help but see it in your everyday life. The group is usually ten to twelve

people. It's informal.

We work around a table. As we present the data, we try to get you through the experiencing of it, and you experience it, others experience it, and when one is experiencing, usually others experience with them, and actually dumping the subconscious pressure, drive, inhibition, compulsion. These are different words for the same thing.

You're in a way of dumping the subconscious pushes in full.

[Speaker 11] (2:11:21 - 2:11:23)

Is the reading material involved?

[Speaker 1] (2:11:24 - 2:11:49)

No. No. We give you the total picture on a chart right in front of you, but the way it's taking you through it, experiencing you through it, and how to get a handle on the subconscious to suppress all that stuff, you get a handle on it, and you actually just join the dumping.

[Speaker 2] (2:11:50 - 2:11:59)

What do you call it? We have a just a sort of a brief demonstration of this.

[Speaker 1] (2:12:00 - 2:12:02)

I can't demonstrate it.

[Speaker 2] (2:12:02 - 2:12:19)

Someone is up against a difficulty or a predicament. Someone has just gone over to him and given him a nudge and a dare you look and say, you damn fool, you remind me of my mother. What would you do?

Does any graduate want to answer that?

[Speaker 1] (2:12:20 - 2:12:32)

If not, I'll answer it. You get your disturbed feeling in a certain way that you can actually discharge it and you're not disturbed.

[Speaker 2] (2:12:33 - 2:12:44)

That is very vague. You don't say what you want. How do you get rid of it?

What do you do with it?

[Speaker 5] (2:12:44 - 2:12:45)

I want the actual application.

[Speaker 1] (2:12:46 - 2:13:01)

Here's the answer. I cannot tell you experience. The reasoning mind can never ever comprehend it.

It's an experience of ridding yourself of suppressed feelings.

[Speaker 2] (2:13:01 - 2:13:11)

A reasoning mind is an abstraction based upon experience and life and feelings. There's an analogy that people say that will speak to my experience.

[Speaker 1] (2:13:11 - 2:13:11)

Not true.

[Speaker 2] (2:13:11 - 2:13:13)

Not true.

[Speaker 1] (2:13:13 - 2:13:31)

If your reasoning mind could do what we say, you would have it. You would have it. You would read it.

You've already read it in books. You know what it takes to be happy. If your reasoning mind could do it, you'd have it.

[Speaker 2] (2:13:34 - 2:13:36)

What are we talking about?

[Speaker 1] (2:13:36 - 2:13:44)

The price of the course is $195. For the two weekends.

[Speaker 10] (2:13:49 - 2:13:56)

Your midday meal is included.

[Speaker 2] (2:14:02 - 2:14:24)

Same price. Nick, this will go up like Esthar did. $300.

Maybe we better get in on the ground floor.

[Speaker 10] (2:14:28 - 2:14:34)

Although I haven't taken this, to me that's the very fact that it's on a smaller level.

[Speaker 1] (2:14:37 - 2:14:45)

Yeah, we don't have 250 people. We have about a dozen. And we worked with each one.

[Speaker 4] (2:14:51 - 2:14:52)

No.

[Speaker 1] (2:15:00 - 2:15:05)

One could choose not to use the method and not be successful.

[Speaker 5] (2:15:14 - 2:15:22)

Impossible. I don't know the method, so I'm speaking out of my head. Then it would not be successful.

[Speaker 1] (2:15:23 - 2:16:05)

There are different degrees of success. But there's some good gotten by everyone. The totality of the presentation shows the simplicity of it.

So that each one does gain. Aren't you really asking, has anyone said, I could get anything out of this, I want my money back, or something like that? Not yet.

Do you offer reinforcers like additional weekends or days or hours? We, for those who want more, we do have a workshop every Wednesday night.

[Speaker 2] (2:16:07 - 2:16:12)

Can it be applied to quitting smoking, overeating, overdrinking?

[Speaker 1] (2:16:12 - 2:16:30)

The people who have had the course, some have dropped smoking with no fight. I think the majority are still smoking, though, or were smoking. Some have lessened, most of them have lessened their smoking who haven't dropped it.

[Speaker 10] (2:16:31 - 2:16:33)

Some have dropped it.

[Speaker 1] (2:16:33 - 2:16:57)

Yeah, some have dropped it with no fight. Some have dropped overeating. Wouldn't you

say that the goal that people might have would be essentially right thinking rather than getting rid of obsessions like smoking, overeating, drinking, whatever, drugs?

That's more important. Right thinking will get you to the right place.

[Speaker 2] (2:16:59 - 2:17:06)

Amongst compulsions, I would insult the wrong, can't you correct the wrong thinking?

[Speaker 1] (2:17:06 - 2:17:34)

Well, see, the thinking is caused by the compulsion. Our feelings motivate our thoughts. We get hungry, we think how to get something to eat.

We are cold, we think how to get ourselves warm. We want to make money, we think how to get a job. We're in a job, we think what we must do to maintain that job.

See, the feelings motivate the thoughts.

[Speaker 11] (2:17:35 - 2:17:38)

Isn't the ultimate thing in life the ultimate state?

[Speaker 1] (2:17:39 - 2:18:20)

The ultimate state is when your mind is at peace and has no thoughts until you want to put a thought in. Today we're plagued by thoughts whether we want them or not. So the ultimate state, yes, is to get to the place where the mind is totally at peace.

When you get there, the harmony that is natural to the universe will manifest for you. Life gets to be less and less requiring of effort. We can reach a place where it's almost effortless.

Everything falls into line for us.

[Speaker 2] (2:18:21 - 2:18:29)

Tell me about, sir, how do you deal with someone who says, I have a pressing problem right now, and I can spell it out. What do you do with that?

[Speaker 1] (2:18:29 - 2:18:31)

They immediately apply the method.

[Speaker 2] (2:18:34 - 2:18:46)

Because I have a pressing problem right now. I'm wondering if, even though I didn't take the course, if I could apply the course... No, you would have to...

No, it's not that.

[Speaker 1] (2:18:47 - 2:19:37)

You would have to learn how to use it. You're so conditioned to do the opposite right now. If I told you what it was, you couldn't use it.

But when you go through it again and again and again for 30 hours, by experience you see, oh, it does work. And you'll never understand it, because there is no understanding to it. Yet we give you the intellectual understanding of it.

The outer, what you think is understanding, but the real understanding is the experiencing. It's in the feelings where we get straightened out. We get rid of the subconscious drives.

There's no understanding of the subconscious drives. If there were, you wouldn't have them.

[Speaker 2] (2:19:38 - 2:19:44)

You wouldn't be plagued by them. Where does love come in all this? Love...

[Speaker 1] (2:19:46 - 2:20:04)

Love is our really basic inherent nature. And all these subconscious feelings cover it over. Are you full of love now?

Yes. How do you show us how you feel love? If you don't feel it, I can't show it to you.

Oh, no, no, no. That's a cop-out.

[Speaker 2] (2:20:05 - 2:20:16)

That's a cop-out, because if you are unlimited, then nothing can limit you, not even my limitation. I am not. Therefore, show me that you feel and express and project love.

[Speaker 10] (2:20:16 - 2:20:19)

Don't say I can't do it, because that's a confession of limitation.

[Speaker 1] (2:20:21 - 2:20:44)

I am not at that high goal yet, and I have not said that I am. And love is a thing you experience. Love isn't a thing I tell to you.

I love you. I can say I love you, I love you, I love you all day long and be thinking of how to hurt you. My wishes for you are only the best.

I want you to have what you want.

[Speaker 2] (2:20:45 - 2:20:50)

And that's where my love comes from. How do people want to do it?

[Speaker 10] (2:20:53 - 2:20:56)

There's so much material. Yeah.

[Speaker 1] (2:20:57 - 2:21:02)

I can't sell the product. I can only present it. I have two questions that are kind of related.

[Speaker 2] (2:21:03 - 2:21:09)

In the first place, are the experiences of other people necessary or if we do this on a one-to-one basis?

[Speaker 1] (2:21:09 - 2:21:11)

You can do it on a one-to-one basis.

[Speaker 2] (2:21:11 - 2:21:14)

In other words, in a role of a teacher. Yes.

[Speaker 1] (2:21:20 - 2:21:25)

There's only one reason why I haven't. It's impossible. If I could...

[Speaker 11] (2:21:27 - 2:21:29)

If I could have...

[Speaker 1] (2:21:29 - 2:22:09)

I won't be putting myself through this ever. You see, I know the mind laws. Mind is only creative.

We create only that which we hold in mind. Unfortunately, we're holding most of our stuff subconsciously and creating things we think we don't want because we don't see that we're holding negative thoughts. I have no problem with life.

I don't need this. It's only out of what he's talking about. Compassion.

I would love to see others get this. As soon as this will get on its feet, I'll step out of it. I don't need it.

I don't need the glory.

[Speaker 2] (2:22:11 - 2:22:12)

I have another answer.

[Speaker 1] (2:22:13 - 2:24:08)

It's out of compassion that I'm doing what I'm doing. I'll tell you this. It'll be the biggest bargain you ever will have had in your entire lifetime.

This I know. I can't prove it to you. If you don't have faith in it, I'll tell you I'm the guarantee.

I'm telling you my experience with it. I could do it very easily. I have seen several people not get it because they're a guarantee.

I've seen it used by the person not to get the course. And I'll tell you the reason why I charge. For 24 years I put this out.

Not only would I not charge, I wouldn't take a donation. Donations were collected and given to me, and I'd turn them back. I was aware of my doing a disservice to people, but I just couldn't charge.

Freud said it way back in the beginning. Unfortunately, my patients get better to the degree that they have to pay for it. We are subconsciously so conditioned to value in accordance with what we put out.

If I didn't charge you, I would be doing you a disservice. Well, I do. This is a love I have, which I wouldn't do to you.

[Speaker 2] (2:24:10 - 2:24:11)

Yeah.

[Speaker 1] (2:24:12 - 2:24:34)

I have only put it out in an organized way now, charging for it in the past two years. I started roughly about two years ago. And I have far more effectiveness in the past two years than I had in the previous 22 years.

[Speaker 5] (2:24:37 - 2:25:52)

Because... This money almost gets me itchy to say something. I'm a graduate.

And I had the same feelings when I came here the first time. I didn't know anybody. I read a little note somewhere.

And it sounded like a river for me. But they don't tell me what it is, they come and find out. Some intuition said to me, okay, risk it.

You had lost it before, and I took it. And now, five months later, it is so incredible what I've gotten for it. It's not even that dramatic.

I wasn't lying in the gutter and screaming in pain. No, I was pretty well-adjusted, because I had taken everything, you name it. Religious science, mind control, I'd gone through many paths, and I took something from each path, and I felt I was getting better, and I was functioning very nicely, thank you, but underneath there was a great deal of pain.

I kept it down, and it worked. And this has taken this pain and literally dissolved it, and I'm in a state which is absolutely beautiful, and believe me, $195, it's ridiculous to even talk about. And no matter what your financial position is, if you had I mean, it's worth that and many thousands more.

If you go for two or three years as an analyst, you would consider $3,000 cheap, surely.

[Speaker 11] (2:25:54 - 2:27:10)

And there's not... I want to say I want to say that well, number one, it's worth for you, just as you know, many people want to... a Hawaiian or Hawaiian psychiatrist, it works for them very well, and yet many others, thousands of others who want a Hawaiian psychiatrist, it hasn't worked for them.

So what's good for one may not be good for the other, and also I wanted to comment on the old way of psychiatry where they said if you don't pay for it, you won't get better or you won't get better as fast and has to be sacrificed. Well, there's a recent report in Psychology Today that said that they found that even when the patients don't pay for it, like when they get it on Medicaid or in a clinic, the amount of people that get well or that don't get well is the same as for the ones who pay for it.

[Speaker 5] (2:27:11 - 2:27:22)

Well, sir, I'm not talking about just getting well. I'm talking about being in a state where the world can do its thing but I'm not affected the same way I was before. That's something which is far beyond well.

[Speaker 10] (2:27:23 - 2:27:24)

How has your life changed?

[Speaker 2] (2:27:25 - 2:27:26)

You sound very convincing.

[Speaker 5] (2:27:27 - 2:28:14)

How has it changed? Well, first of all that I stand here and talk, that's a change. That's a big change.

And I don't feel upset about it. If you all could tell me to shut up and sit down, I wouldn't feel rejected. Now, rejection has been a major thing in my life.

It wasn't always acknowledged but it was there. And in many relationships it came out inside and it's just those little things that weren't very nice. That is a change which is very dramatic to me, maybe not to you but to me it's a big one.

In other words, it makes everything easier. Including if the landlord gives me a hard time, I don't get upset and I'm able to function better. I can see better through him, I can feel better with him.

Professionally, I'm functioning very well.

[Speaker 2] (2:28:14 - 2:28:23)

So, excuse me, you said if the landlord gives you a hard time, you said, well, you're a safety committee, you can smile, you can walk out, right?

[Speaker 5] (2:28:23 - 2:28:41)

Well, if you ask me a direct question, the answer is yes. It's not that much more, it's not that important anymore what the world does to me, how I react to it. I find a way, I figure it out.

I would have been shaken up a year ago, yes.

[Speaker 2] (2:28:41 - 2:28:45)

Have you been able to deal with things that have felt in your childhood that you could have said about?

[Speaker 5] (2:28:45 - 2:29:19)

Oh, that is so big, I can't even start talking about it. It would take me three weeks to explain to you. I have literally shed these things like shells, like an egg that has 50,000 shells that came off just by themselves.

And as they came off, that's what we call letting go. It's like I'm flying, I'm like in a balloon, and the baggage comes off and I'm just floating because these things that happen, even things that I don't remember, the computer carries them forward and presses and presses, and they are coming off. Yeah, that's probably the greatest one.

[Speaker 2] (2:29:19 - 2:29:22)

And this is permanently? You don't have to consume these every once in a while?

[Speaker 5] (2:29:23 - 2:30:37)

Well, once it's done, once it's done, it doesn't come back. I have a very simple example, it may not be terribly dramatic, but I have a little dog. I have very fond of him.

He's 12 years old and he's a little sunshine, a Yorkshire Terrier. And right after I took the course, he came down with a growth and it was cancerous. And it was very sad.

But I applied some methods, and I saw him suffer, very deeply suffer. And I was not affected in the same way. I was able to love him more, but not suffer.

However, four weeks ago he came down with a second cancer, growth. And this seemed to be really serious. And this time I did not have to go through the same process again.

It worked. That to me was a big thing because I thought I would have to go through the same thing and apply what I learned. It didn't have to be.

It was an identical situation and it didn't need to be redone. That doesn't mean if a new situation would come up, I wouldn't do it. But this time I had a proof.

And a dog, what is emotionally attached to it. However, I'm letting myself love him more because I'm not worried about losing him now, which is foreseeable in the near future. I'm not worried about suffering because I can just allow myself to love and not to feel depressed.

[Speaker 6] (2:30:41 - 2:30:59)

Excuse me. Excuse me. By you taking this course here, do you feel like you are the master of yourself?

Are you the cause and effect of everything that happens to you through this course? I'm the course, yes. I accept that.

[Speaker 5] (2:31:00 - 2:31:00)

I'm accepting that.

[Speaker 6] (2:31:00 - 2:31:21)

I mean, do you feel like you are the master of your own self? I feel that. I'm in harmony, yes.

I feel that, yes. You are in harmony. Yes.

Yes. You are the cause and effect of everything that happens to you. And without this course you would have never been able to obtain the harmony that you have.

[Speaker 5] (2:31:22 - 2:31:48)

I might have, but certainly not in this length of time. These five months, from where I can see, it's incredible. That's something I've never seen before.

I have taken things from everything. If you sit long enough and practice Buddhism, you get better, but it takes a very long time to get there. And there was a great deal of pain underneath, even when I was peacefully meditating, that I could not cope with.

And this I have to share.

[Speaker 1] (2:32:05 - 2:32:21)

No. What you're dumping are really self-conscious inhibitionist compulsions, none of which are any good. Every bit of which is interfering with your freedom in life.

[Speaker 2] (2:32:24 - 2:32:26)

Do you have anything to go back to? No.

[Speaker 1] (2:32:31 - 2:32:38)

See, what I say is the same as what you've heard from many schools, but our method is not like any other one.

[Speaker 2] (2:32:39 - 2:32:45)

It's unique. As far as you know, it doesn't depend on any other culture or any time of the year.

[Speaker 10] (2:32:45 - 2:32:46)

Right.

[Speaker 2] (2:32:47 - 2:33:05)

I believe this is the whole school is dependent on consciousness, insight, awareness. In other words, interpreting the feelings that come from the so-called unconscious, making them conscious, illuminating them.

[Speaker 1] (2:33:06 - 2:40:34)

No, we don't interpret, we don't dwell in them. My objective today is to get each and every one of you to understand what this thing freedom is. The actual experience of this thing I cannot give to you nor can anyone in words.

It is so far beyond words and it's so far beyond mind the only way to know what it is is to be in it. However, from where you are, you should intellectually understand what it is. What you are like before it, what you are like after it.

And I will do everything within my power to get that understanding across to you. And if it doesn't happen in the next hour or two, you'll have me available to help you understand it out at the places we're going to. So, if you have any questions that are not answered here or that come up later, ask me later on.

How many feel that they know what the state of freedom is? Just raise your hands. We've got three hands.

Three hands. One, two, three, four, five. All I've got to do is wait and you're all free then.

How many feel they do not understand what that high state of freedom is? For that reason, I've put it on paper and would like you to copy it so you can refer to it in the future. What?

No, no, no. I'm just going to talk about it. I'll give it to you.

You'll copy it. Let's start here. The ultimate state that everyone is seeking and will never be satisfied until he or she achieves it is simply the I of you.

When you say I, there's nothing added to it. That's it. Just keep saying I, I, I, I, I, I, I, I, I, I, I.

That's it. And when you say am, that still is it. I am, I am, I am.

But the moment you say this, that is not it. When there's only I and there's no this or that, that's the state. So this state we are all trying to achieve, we already are.

And it is the I of us. Okay, so what's the problem? We have over eons accumulated the concept via our mind that I am this body.

We go from unlimitedness right down to the most limited state possible unto any being in this universe, being just a physical body. Now, in the after picture do you see the physical body? Yes you do.

But the difference is this. In the before picture you think the physical body is you. In the after picture the physical body is in you.

And it's only a small part. So there's no sudden disappearance of the body dying or going out in a flash of light or anything like that. You get the ultimate realization of what you are.

What changes is your view, your perception, and your attitude. Points of view and

attitude are the two things that change when you go free. There is no reason why you should fear going free.

But every one of you does fear going free. And were it not for that you already would have been free using the method. But your release is this.

Because of a fear that some of you see and some of you don't. Because if you release totally you go free. And the fear is you will die.

You will lose the target. That's what's holding you back. That's what's behind your resistance.

I will die if I give up my feelings. Now the reason for that is that we originally put these feelings in for survival of the body.

[Speaker 2] (2:40:36 - 2:40:40)

All our feelings were put in as so survival.

[Speaker 1] (2:40:44 - 2:46:09)

There's a one fight or flight. Now starting at the bottom, in apathy if I roll up in a ball in a corner they won't touch me. Animals do that sometimes or just play dead.

We feel if we play dead they won't kill me. Grief is wanting someone like mother to come along and say, Oh everything's fine and pat you on the back and on the head. Anger I think you know what that is.

I don't feel like going through all of them. Do you need every one of them? Anger is if I take some action I will survive.

Courageousness you take it without any forethought. Acceptance the world is not rough. It's A-OK.

You don't have to fight it anymore. You're imperturbable. No more struggle.

But all these feelings were put in as so survival. And if you don't see it consciously, unconsciously you feel if I let go of my feelings I will die. If you will see the stupidity of it you might let go of wanting to hold on to these feelings.

Although they were put in as so survival every bit of them are anti-survival. They are trying to behave now as things have been in the past. And right now it's not like it was and so our behavior is very inefficient.

Very inappropriate. So it behooves you to let go of these feelings. To get into the nowness of them and the only way you can be in the nowness of things is by having no feelings.

Because feelings are patterns from the past on how to survive as a body. Being applied in our situations it does not fit. Because we've been rejected in the past we now feel as though everyone is rejecting us.

We have to fight for our approval. Only from the past you have these feelings and they do not apply nor fit now. So the reason why you have resistance to going free is because you fear that if I let go of my feelings I will die.

So how do you overcome that? By being smart. Doing what I'm telling you.

See how asinine it is to hold on to these programs from the past. Ask yourself, how smart am I holding on to this stupidity? You see what I'm doing to you now?

I'm using your ego to undo your ego. There's nothing we can do about the ultimate state. We have to undo the limited state of the ego.

So be smart. Go free. But be careful.

Because when you go free whatever thoughts you put in your mind materializes instantly. God help you if that happens to you. You're going to have everything you want instantly with no effort.

You might be the term that Werner Erhard uses, but I'm too dignified. You're A.H.'s for not taking that state. Every one of you could have had it by now.

[Speaker 10] (2:46:18 - 2:46:19)

Such a joke.

[Speaker 1] (2:46:24 - 2:51:01)

And each one will see what a tremendous joke he or she has played upon himself or herself. You see the pictures will laugh your head off. It is so set that my thinking determines everything in this world.

And look how I'm thinking now. Living so through tremendous effort. When all I would need to do is just have a thought and the thing would be there.

Exactly like in the dream world. Whatever you think in the dream world is at least that part of the top state. Of the free state.

You can think and instantly have whatever it is. I remember when I first saw that I wasn't free. I saw my thoughts and I held my head for hours.

Trying to stop the thinking. So much negativity there. Thoughts were going right through my head and right out into the world and I couldn't stop them.

So I resolved to work as rapidly as I could to undo that negativity. Knowing it was motivated from my feelings. But be careful.

When you go free everything is gotten effortlessly for the mere thought of it. How smart are you now the way you're living your life. When that could be.

Get smart. When you resolve to go all the way then you'll do it. Step one is not in fully for all of you.

Otherwise you would have been free by now. It only takes months to undo the totality of the garbage if you make it continuous. But it takes step one before you can do the other steps.

You must want this freedom more than anything else. You must want this freedom more than life itself. The way you have to feel.

Not well it's okay now but I still want my red car and so forth. There's nothing wrong in having things. You should have everything.

Because it only requires thought. And if you do not have an abundance it shows that subconsciously you think I cannot have. That's why we give out the gold sharks.

To bring up your aversion to this world that you cannot have. So that the world will drop into your lap with less and less effort as time goes by until you realize it's effortless. Once your anti thoughts and feelings are out.

The best practical example I know of freedom is really the dream life. If you dream you're in New York, you're in New York and you're in action there. The next moment you dream you're in Los Angeles.

That moment you're in Los Angeles. If you're hungry you immediately dream there's food on the table in front of you. Whatever you think is right away in your dream life.

[Speaker 2] (2:51:04 - 2:51:06)

And that's the way it should be in the waking state.

[Speaker 1] (2:51:15 - 2:55:50)

Now after you can think and have whatever you want after you master this world. And it's necessary in order to go free. Freedom is a state of no limitation.

It means you can have anything and everything in this world. Your next step is to master your body. Mastering the body requires getting away from patching it.

P-A-T-C-H-I-N-G patching it. You go to a doctor and he fixes this thing and then something else goes off and something else goes off. Mastering the body is knowing that

you are master over it.

That you created it and that your thought determines it. You cannot have a disease in the body without holding a blueprint for it in the mind. So you first master the world and you master your body.

And the final step is mastering your mind. When you master your mind and you're in control of it, you just quiet it. And just behind the quietude of the mind is the I that you really are.

If I ask you whose body is it that you have, you will say mine. Okay, who are you who has that body? Just to know that one.

You are not the body. You have the body, the body's in you. If I ask you whose mind is it that you have, you would say mine.

Okay, who are you who has that mind? That's the real you. Now the real you is whole, perfect, eternal, omnipotent, omniscient, omnipresent, always was, is now, and always will be.

There's only one thing keeping you away from seeing that, and it's called thought. When your mind is quiet, what I'm saying to you is very self-obvious to you as to what you really are. When your mind is quiet, no thought, then you can, you cannot help but see what it is you are.

It's unlimited being. Okay, what makes the mind not quiet? One thing only.

Feeling. All the thoughts you have are motivated by feeling. If you don't see it now, work on it later.

All your thoughts now are motivated by feeling.

[Speaker 2] (2:55:53 - 2:56:04)

If you can lift your feelings out, your mind is quiet, and you are what you are, an unlimited being.

[Speaker 1] (2:56:14 - 2:58:59)

It's simple. And even though I get antagonism on this, it is simple. Why you are that right now.

And all this repressed feeling, all of it, is trying with tremendous energy to extend itself, and you're using that much energy plus to hold it down. Uh-huh. Now, you get to see it soon.

Hey, hey, hey, hey. But all these repressed feelings are trying with tremendous energy

to get out. And you're unconsciously sitting on it, holding it down, because it's so survival.

So I say it's easy to go free. It's simple. Rid yourself of your feelings, your mind goes quiet, everything is obvious to you.

Okay, what is it you discover? That there never was anything but I, all, alone. I am the totality of this universe.

I am the beingness of it, which is right behind the manifestation. That the real I is that, untouchable. I'm coming into this chart now.

I use this chart so I don't leave anything out. The I I've been talking about is symbolized by the circle of infinity.

[Speaker 6] (2:59:04 - 2:59:47)

I am the infinite beingness of this universe, all-knowing, all-powerful, and also everywhere present.

[Speaker 1] (3:00:10 - 3:00:47)

That's the real I that each and every one of us is, now, has been, will be. It has no limits. When you see your omnipresent, you can take a look-see anywhere in this universe and see what's going on.

You can take a look-see in the center of the earth and see what's going on. You can step into the sun, right in the middle of it, and see what's going on. And if you're interested in that, you'll do it.

[Speaker 2] (3:00:53 - 3:01:07)

Now, this is the real you, and it's called being.

[Speaker 1] (3:01:22 - 3:02:01)

And this is where you started. This is where you originated, right there. Then you set up a vehicle, an instrument called mind, which is a reflector of part, of multiplicity, of division, of separation.

[Speaker 2] (3:02:02 - 3:02:17)

Up here, you see only yourself, in everything, everywhere. When you go free, that's what you're going to see, you're going to look at. Everyone is me.

[Speaker 1] (3:02:18 - 3:02:44)

Every atom in this universe is me. It's what you will see. And when you see it, you're another.

But this I, the real I of us, sets up a thing called mind for separation, for action.

[Speaker 6] (3:02:47 - 3:02:49)

And that starts the downward trend.

[Speaker 1] (3:02:55 - 3:04:03)

In order to be separate, we have to set up a mind, an individuality feeling, that I am separate from the oneness. Therefore, I am a lesser, and I have a mind. And at first, the mind creates a very subtle body, then a denser body, then the densest body, the physical body.

And then we have a little circle down here, a body. So we come from this infinite beingness, down to a tiny point, a full body.

[Speaker 2] (3:04:07 - 3:04:11)

You can't be more limited than you are now, as a physical body.

[Speaker 1] (3:04:18 - 3:04:57)

There is no further downward trek for you. The only way left now is to go back up. If you're fortunate, because we're at the bottom here, the incentive to get out of the confinement is so great, if you're fortunate, any one of us could go straight to the top in this lifetime, in a few years, or in a few months, as you do.

[Speaker 2] (3:05:00 - 3:05:01)

The choice is up to you.

[Speaker 1] (3:05:09 - 3:06:22)

So it's a tremendous advantage to be in a physical body. You have no idea, there's numerous people in this universe who are trying to come in through physical bodies on our planet. And at every conception, there's thousands trying to come through.

Usually only one makes it. Because on the other side, they know that here is the greatest opportunity to go in for free. You're lucky.

It's a tremendous advantage to be in a physical body. I think it's the worst disadvantage to try to hold yourself in a physical body, and that's what everyone's doing. Your whole life revolves about waking the body up, dressing it, pampering it, sending it off to work, so it can make some money, so it can put some food in you, lots of food in you, so it can

go on in the physical body.

[Speaker 6] (3:06:22 - 3:06:29)

The body's nothing but a garbage-making machine.

[Speaker 2] (3:06:33 - 3:06:36)

And everyone knows it doesn't go on.

[Speaker 1] (3:06:38 - 3:06:56)

And like good A.H.s, we're all trying to make it last indefinitely. And now some of you are getting glimpses of moving up as you release.

[Speaker 2] (3:06:58 - 3:07:38)

As I discussed with you yesterday, if you get experiences of your beingness, the mind's involved in doing this, then it will give you a scale of action.

[Speaker 1] (3:07:40 - 3:08:25)

In a much better presentation, I'll just give you the three words. That in the state of identifying with the higher life, we're in a state of beingness. When we identify with our mind, we're into doing this.

When we identify with the body, we're into having this, wanting to have more and more and more. You're in the highest state of beingness, the most delightful place to be.

[Speaker 2] (3:08:27 - 3:08:30)

Sometimes that's a good release, a movement to that state of beingness.

[Speaker 1] (3:08:31 - 3:10:23)

But the remaining garbage doesn't allow you to stay there. Because the remaining garbage is trying to protect this body. And you're stuck right down into the body consciousness.

If you're identifying with your mind state, you're into action. You're identifying with the body. You're into having this, wanting to have this.

If I only could have that, that would make me happy. Now, it's possible to vary from one state to the other. Most of the time you're here.

Much less of the time you're here. And you're on occasion here. You're here much more than you know.

But in such a habit of identifying with the body, you're discounted, and you're still in time. There's no thought. That's it.

But it's simply what goes. It comes down through the body and wanting to be heard. So you do experience the same thing.

In fact, you're experiencing this top state all the time. You say, I am this. That isness of you is the top state.

But then you immediately say, am this body with all its needs. You say, I the infinite being. Am this body with all its limitations.

You're stuck right now to the body. With everyone, with every bone, feeling, the being.

[Speaker 2] (3:10:26 - 3:10:28)

Otherwise you feel sick.

[Speaker 1] (3:10:33 - 3:10:40)

But all the time, using the mind to protect the body via the feeling.

[Speaker 2] (3:10:44 - 3:10:48)

It is so simple. Live yourself with your feelings, and you're not here all the time.

[Speaker 1] (3:11:10 - 3:11:18)

Mind is the instrument of separation. It separates us from the other.

[Speaker 2] (3:11:27 - 3:11:34)

And when there's no more mind, no more thought, you're in a state of oneness.

[Speaker 1] (3:11:38 - 3:12:26)

Somebody knew something when they used the word I. The closest word for God is the word I. As you'll notice, the I is the number one.

And the God state, the ultimate state, is the oneness state. Where you will see everything as you. As your very own self, as ordered as it was.

And that whole world out there is just a projection that you projected out there via your mind. Just like a movie projector projecting on a screen. The mind is a projector.

But you're the operator of the projector right behind it.

[Speaker 2] (3:12:28 - 3:12:43)

Then you project everything through the projector onto a screen. And then you see people, armies, wars, dying, blood, fire.

[Speaker 1] (3:12:43 - 3:13:36)

But nothing ever happens to that screen. And that screen is the I of this. This whole world is a mask.

You can only see it in your mind. But your mind displays the world's time. Don't wake up, don't move on.

It's impossible to do that. The world is only in your mind. What you've lost sight of is that you projected it out there.

And that right now is some photo of all you're thinking is. Most of which is subconsciously held in your feelings.

[Speaker 2] (3:13:45 - 3:13:53)

In the after picture, you'll still see the world. But you'll know it for what it is.

[Speaker 6] (3:13:55 - 3:13:57)

That's like an oasis out of the desert.

[Speaker 2] (3:14:00 - 3:14:01)

You'll see the illusion of water.

[Speaker 1] (3:14:04 - 3:14:12)

And when you go to the water and find out it's sand, and you walk the desert again, you'll still see the oasis.

[Speaker 2] (3:14:14 - 3:14:29)

But the after picture is you don't go there to drink. When you see the truth of this world, you won't get into the world to drink. Because all the water there is is right in your being.

[Speaker 1] (3:14:31 - 3:14:49)

All the happiness that you think you're getting from the world is only when you are being you. You let go of the agony of the desire for it. You fulfill it.

That moment your mind goes quiet. And you move up into your beingness.

[Speaker 6] (3:14:49 - 3:14:57)

And that's what you call happiness. The only thing that happiness is is your being your beingness.

[Speaker 1] (3:15:06 - 3:15:41)

Once you catch that, you'll stop chasing rainbows in the world. You'll stop chasing that carrot like the donkey does, that hangs over its head all day long and walks around in circles riding a pump or something. That's what we're all doing in this world.

The donkey has it. They ate it. Struggling so hard and so desperately to get back what we didn't have, what we didn't have.

[Speaker 2] (3:15:44 - 3:15:54)

And why do we want it? So we can feel our being, which we put in the first place. We don't have to go chasing it.

[Speaker 1] (3:15:59 - 3:16:07)

So in this ultimate state, when you get there, this point of view changes. You'll see the oasis. You'll see the world going on.

[Speaker 2] (3:16:08 - 3:16:29)

But you'll watch it, just like you'd watch a movie. You become the witness of the world, knowing it's just a dream illusion, like an oasis. You'll know that's your ultimate happiness.

It's just identifying with your being.

[Speaker 1] (3:16:34 - 3:18:45)

And then you make a choice to just stay with that only, or to come back to the world and try to help the others discover what you discovered. The majority of people will go free, I think. Go into caves, or live a life.

You can do it in New York City. For years, I sat in a hotel room in New York City. The punch came out between 2 and 5 in the morning.

I just sat, and it was deep, and deep, and deep. Of course, the body was there. I let it go on.

I fed it. I would shop for groceries 4 o'clock, 5 o'clock in the morning, because there'd be less people around. And you don't have to struggle open all night.

But you can actually isolate in New York City, and then that, in Times Square. Because isolation is not going off to the mountaintop. Isolation is fighting the thought.

And that's the only way you can get isolation. I would never recommend people going to the mountaintop, the desert, and so forth. I know from experience what happens.

You'll just escape, escape, escape all your aversions to the world. The very best place to be is right in the world. It will constantly bring up your aversions to it, eventually let them go.

[Speaker 6] (3:18:50 - 3:18:53)

So when you reach this top state, you don't disappear.

[Speaker 1] (3:18:54 - 3:19:56)

Your point of view changes. You see the world as an out projection of you, like a moving picture. And you watch it that way.

And the feeling you have is a very deep, infinite deep, and imperturbability, in which no one can disturb you again. No thing can disturb you. You might play actively, if you want to communicate with others.

But nothing will ever disturb you once you reach the top. And when you reach the top, you don't have to worry about being sucked back into the world. Because by comparison, the world is all hell.

[Speaker 2] (3:19:58 - 3:20:04)

And the top piece is the greatest of heaven.

[Speaker 1] (3:20:05 - 3:20:10)

So you're not going to give up the greatest heaven for a living hell.

[Speaker 2] (3:20:12 - 3:20:14)

People say, isn't there hell?

[Speaker 1] (3:20:14 - 3:22:01)

Of course there is. There's this world. And I'm telling you, if it's world, it's no good It's getting kind of old.

If it's world, it's no good. If it's the being that's behind the thing in the world, it's all good. The no good is the manifestation, the limitation, the freezing of energy to what we call form.

The all good is the formless, energyless, effortless top state. There is no energy. It's just beingness.

Being, the infinite beingness. The top state is your beingness. When you identify with your beingness, as being the total beingness of this universe, then you can spread it around.

Your identity as being the being, the total beingness of the universe, is the ultimate. And again, the world doesn't disappear, but it becomes that oasis As you thought it had water in it, you have now found out it's dry.

[Speaker 2] (3:22:13 - 3:22:15)

Your mind is your mind.

[Speaker 1] (3:22:19 - 3:22:33)

Who's mind you've got? Who are you who has that mind? Stick to that.

See, if you give me any sense of life, of the universal mind, of the individual mind, it starts to sink down.

[Speaker 2] (3:22:34 - 3:23:03)

It's just words. It doesn't mean anything. Your mind is meaningful to you.

Universal mind means nothing. I'm sticking you to you where it's meaningful. I'm holding you to the word I.

Everyone feels I. And that I is the unlimited being that you are.

[Speaker 6] (3:23:18 - 3:23:27)

Well, instead of action and form, the form disappears, and so does the stream.

[Speaker 10] (3:23:27 - 3:23:28)

There's no action there.

[Speaker 6] (3:23:28 - 3:23:30)

And that's the real thing.

[Speaker 5] (3:23:32 - 3:23:33)

Right.

[Speaker 6] (3:23:33 - 3:23:34)

Dimensions are limitations.

[Speaker 2] (3:23:37 - 3:23:37)

Right.

[Speaker 6] (3:23:38 - 3:23:39)

It's a limitation.

[Speaker 2] (3:23:39 - 3:23:42)

And you're unlimited. You're the total beingness of this universe.

[Speaker 6] (3:23:44 - 3:23:47)

And when you put a dimension on it, you're limited.

[Speaker 2] (3:23:56 - 3:23:57)

That's it.

[Speaker 1] (3:24:00 - 3:27:21)

Well, they never leave. But they'll meander into a cave or an isolated spot because they see the unreality of the world and the fruitless struggle. And the world doesn't want to hear what they have to say because they don't want to disturb the world.

So they move away from it. Not for their own benefit. For the benefit of the world, they move away.

Because where they are is the ultimate place. And they'll stay right there. They don't see themselves as a body.

Now, it makes you kind of peculiar. I remember when that person hit it. I couldn't use the word I anymore.

But I would talk about that person. Him and it. And when I first began talking to the group, they'd say, you're a teacher.

And I'd say, no, I'm not. Yes, you are. No, I'm not.

I was animal. I wasn't teaching. I wasn't the body talking to them.

I was my beingness only. Now, to them, it was the way they saw it. But this is one reason why when a person goes to sleep, he isolates himself.

So as not to intrude upon people. That was the reason why I left New York and went to Sedona. I saw people were annoyed with my beingness.

Oh, wipe that smile off your face right here. I didn't even know I had a smile. And I don't think I did.

So I took me out of society. That was myself from 52 until, I guess, 61. But occasionally went out.

Did talk to groups that were formed overnight. I'd go to Los Angeles. That night, a group of 25, 30 would get together.

And every night while I was there, another group would go. I'd just go from group to group. Then go back to my place in Sedona.

Just that. It only took a week. And occasionally go out and talk.

I don't go to Los Angeles, but to New York. I go to New York too. And a few times found myself covering the country.

Boston, New York City, Cleveland, Chicago. Other cities. Indianapolis.

It would all happen. And then I'd retreat again.

[Speaker 2] (3:27:23 - 3:27:26)

So, I did move out. I didn't total it.

[Speaker 1] (3:27:28 - 3:27:41)

From 52 to 61. Only because I was an insubordination of mine. Saved on it.

[Speaker 10] (3:27:44 - 3:28:06)

But I couldn't afford it. 18 years in the world. And the only way out of this world is through it.

[Speaker 1] (3:28:08 - 3:28:55)

We replaced our stepdad. The master of the world first. Which means being successful in the world.

With ease. Without a problem. And then going into the fire.

And mastering the mind. And ridding yourself of your feelings. And after that, you start to put into the mind.

And realize. I am the master's savior. And try to thank you for going free.

[Speaker 6] (3:29:01 - 3:29:03)

What does mastering the body mean?

[Speaker 1] (3:29:06 - 3:29:43)

What does mastering the body mean? Instead of having a sick body. Have a perfectly healthy body.

Just for the thought of it. After which. If you don't identify with the body.

It can be in severe pain. You know it. And it bothers you enough.

Or. It can be in severe pain. And you can choose to feel the pain.

[Speaker 2] (3:29:47 - 3:29:48)

And it doesn't bother you.

[Speaker 1] (3:30:18 - 3:31:14)

What happened to me in System 2. After sticking with the molecular theory. From the twenties on.

Intently. I suddenly see the picture of energy. Matter.

Is only energy frozen at a point. This cup has more energy in it. Than our fragile hydrogen bomb.

But. There's tremendous change going on. In structures.

That are sticking together in this form. Matter. Is frozen energy.

Energy turns out to be. Our minds in motion. And when we quiet our minds.

[Speaker 2] (3:31:14 - 3:31:31)

There's no more motion. There just isn't. And you're going to lose it.

When you see it. Everyone else is motion. Everyone else is form.

You see only yourself. You're seeing it.

[Speaker 1] (3:31:43 - 3:31:54)

Not up there at the top stage. You're going to come down and see it. Yeah.

You come down and you see it. You know it for what it is.

[Speaker 6] (3:32:02 - 3:32:03)

And you don't forget the truth.

[Speaker 1] (3:32:04 - 3:32:14)

Once it's really in there. Once it's cleaned out. Your mind.

You don't forget. You can access all it is. And I forget what it is.

[Speaker 10] (3:32:18 - 3:32:26)

The world is no good.

[Speaker 2] (3:32:27 - 3:32:37)

I would get killed for that. I can defend my thing. Use the world.

Yes. Get what's left of the world. The other things are no good.

[Speaker 1] (3:32:38 - 3:33:09)

Right. However. You'll never know that it's no good.

Until you get it. Get it first. And you'll see it.

It's no good. When you first get it. There's nothing like an insane abortion.

Right. But after you get it. It's a let down.

Especially for those who obtain both of them. Some of them commit suicide.

[Speaker 2] (3:33:14 - 3:33:24)

A good number of them. Go to drugs and alcohol. And a smaller number.

Adjust for it.

[Speaker 1] (3:33:25 - 3:33:28)

Who's insane abortion? I think they think that.

[Speaker 2] (3:33:30 - 3:33:31)

He adjusted.

[Speaker 1] (3:33:34 - 3:35:02)

Adjusting his toleration. He's not a. What?

He is now? Well. But when he first let go of action.

He went into pain. And he lived a nice life. Away from the eyes of the public.

There was a period there where he did that. Well. Got him in the end anyhow.

So when you obtain that same abortion together. You obtain the multiple. And it doesn't bring happiness.

And it causes frustration. It drives people to drink. And drugs.

They get their d.d.s. Drugs and drinks. I'm really saying that the world. Spiritual world.

Doesn't get it for you. It's been spiritual for thousands of years. Look at it.

Spiritual world doesn't get it right. They try to give it to us. Be of the mind.

Thou shalt be good. Thou shalt not be bad and burn in hell forever.

[Speaker 2] (3:35:05 - 3:35:13)

They're telling us what to do. We hear it mentally. We say yay yay.

Praise the lord.

[Speaker 10] (3:35:18 - 3:35:22)

This is.

[Speaker 1] (3:35:24 - 3:37:37)

There is no spiritual. Physical. There's a oneness.

People who separate. Spirituality. Are the separations in their mind.

And not. Really moving ahead. Hi.

Good morning. Love you all. Equally.

Thereby holding on to. Every one of you right now. Are free.

Whole. Complete. Eternal.

You're coming. Closer. To that thing called freedom.

I do everything within my power. To help you. Get there.

There's nothing more in this world. That I want. Than.

You to go free. Unfortunately I can't make you. I can't twist your arm.

I can prod you. Tell you it's the greatest. You'll never stop.

Until you get there. Everything you're looking for. In your every.

Little thing in life. Is it with a capital I. You're gonna scratch, scratch, scratch.

Until you get there. So why not now? By the end of this.

Super intensive. I would like to see every one of you. Know exactly what it is.

This thing called freedom. Know. What it takes.

To get from where you are. To there. Which is a very short.

U-turn.

[Speaker 10] (3:37:41 - 3:37:41)

No, no, no.

[Speaker 1] (3:37:46 - 3:44:46)

This infinite being. Your real self with a capital S. There is nothing more intimate.

Nothing. No matter how much you're loving someone out there. There's nothing more intimate.

Than your very own self. With a capital S. And you're beating and beating and beating.

Out there. Trying to get right here. This is difficult for you to discover.

This infinite being that you are. As it would be right now to discover. Your ego name.

Because. You are it. You always have been it.

You always will be it. And on that you have no choice. Thank God.

But you see how ridiculous it is? Why don't you just think and have what you want? You could think of BMW.

Cadillac. And Mercedes. And Maserati.

And have them all. Just for the thought. How many have read the autobiography of the oldies?

The reason why I suggest you read that is. It brings out these points. It talks about people.

Who have done these things. Who do these things. They think.

Barbazino materialized a. Palace of gold. Started with jewels.

Use it. For a specific purpose. And then let it go.

Back into. Back into infinity. I guess you could call it.

But just a mere effortless thought. Created that palace of gold. Started with jewels.

And he created it to. Bring up. And have satisfied.

A very deep wish. In his disciple. Larry Maharshi.

And so he initiated him. In that palace. And that was a wish from.

I guess many lifetimes. Prior to the one that he was in. But why don't you do it?

Any answers? You believe you cannot. If you got rid of the.

Belief I cannot. It's natural. By breathing.

Where are your. I cannot. They are all locked into.

I'm afraid I can't. Add flat. Contains.

All your. I cannot. Release.

The ag. Flat. And whatever you think.

Will happen. Because you don't impose. On others.

You don't show. So-called miracles. Which are the.

Easiest thing you ever will have done. In your life. When you do them.

Miracles will. Be the easiest thing. You ever will have done.

When you do them. Because it's a mere effortless thought. And there it is.

Okay, what is this thing freedom? What do we need? To remain there.

I think you need to identify. Exactly what it is you're doing in life. Exactly what it is.

That'll. Take the blinders out. To what you are now.

What are you doing in life? Chasing after. Happiness.

Anyone here that's. Not in accord with that. What is happiness?

Alright, here's your first. Good thing to identify. With what is happiness?

Does anyone. Think he or she does not know what happiness is? I believe for most of you.

It's satisfying your desire. And you attribute the happiness. To the thing that helps you satisfy that desire.

Therein you're dead wrong. Therein you're kept in bondage. And the more you try to satisfy that desire.

The stronger that desire. Comes and the more you need that. And.

Never ever. Satisfying that desire. If a desire could be satisfied.

You'd have it once and that's it. So I say. Stop chasing rainbows.

Stop creating lacks. It's called desire. And momentarily.

Letting go. Of that agony of lack. And just being yourself.

Where the only happiness is. The only joy. That you experience is when you're.

Being yourself. You quiet the mind. You satisfy the desire.

The mind goes quiet. And you're being. That's all there is to it.

[Speaker 2] (3:44:47 - 3:44:48)

Boy isn't that difficult.

[Speaker 1] (3:44:50 - 3:46:48)

I ask you. Are you? And you say yes.

That's it. Be. But don't be.

A bumblebee. Or an agitated monkey. You know in the world.

Just be. But discover. What happiness is.

Don't let go of it until you realize. That every. Ounce of happiness you have.

Is only when your mind goes quiet. And you're being. I think that one.

Thing there could really. Get you over the hump. Into mostly beingness.

Another thing you must identify with. Which is. What is the ultimate state?

Is it happiness? And it isn't. It's on the way.

To the most delectable state. Happiness. Joy.

All that has a certain. Action activity in it. And as you get freer.

It gets more and more intense. Until it gets so intense. You can't stand it.

It's great for a short while.

[Speaker 2] (3:46:53 - 3:46:54)

Try to let go.

[Speaker 1] (3:46:55 - 3:50:49)

Of seeking happiness. And in place of it. Seek.

Peace. Quietude. Tranquility.

Imperturbability. When you're in a place where no one and nothing. Can ever disturb you again.

It is such a delectable state. It's way beyond. The highest joy.

And that is the. Place of freedom. When you're in that state.

All you're doing is in. Identifying with. Oh I am.

I am. I am. I am.

I am. Not I am. Lester I am.

This body. This mind. I got this thing.

I got these troubles. I got this happiness. Just only I am.

Better than that. I. I.

I. I. I.

The ultimate state is a state of I-ness. With nothing added to it. Just I.

Not seeing the body. Mind. Some totals into ego.

Okay. What effort does it take you to be? How many miles do you have to drive to get to be?

What do you have to do to just be? Nothing. Do you see how silly your whole lives are?

Struggle. Uggle. Struggle.

Uggle. Ugly. Struggle.

Uggle. It's like a mess. Institution of insanity.

Everyone scratching and fighting and struggling to be. And everyone is. But identify.

What is this thing happiness? What am I doing? Where am I?

Recognize happiness as quieting the mind. And quieting the mind is getting rid of the motivator. To thinking.

Called feeling. It's so simple. As long as you have feelings.

Your mind is active 24 hours a day. On guard. To survive.

Every. Emotion. Is a program.

For survival. Does anyone have difficulty in seeing that every emotion is a. Program.

Put in for survival. Does anyone have difficulty with that? So when you let go of all those.

Pro survival programs. You're not on guard. Your mind goes quiet.

You say wow. I am. Always were.

Always will be.

[Speaker 2] (3:50:50 - 3:50:54)

Omnipotent. Omniscient. And omnipresent.

[Speaker 1] (3:50:59 - 3:59:06)

Instead of sending up. What's that thing you sent up yesterday? The.

Scenic. The shuttle. Can't you see everything we're trying to do in life is to cut short.

Time. Space. Effort.

Unconsciously everyone is struggling. To collapse time. Effort.

How do all the. Trouble we go through to do it. And we can't do it going out there.

When you let go of all these limitations. I'm a fragile body. And if I raise the temperature ten degrees.

I die. If I eat the wrong thing I'll die. The air isn't just the right way I die.

Instead of that. Identify with yourself. You'll discover.

You created the universe. I swear by God. You created the universe.

From infinity to infinity. With all those huge stars. Systems.

And then created a black hole. Full of your mind. But identify with.

What happiness is. Start taking it. Right from its source.

Just by being. Only. This does not.

Boil. Relationship. It can only better it.

Because the more you go there. The more you discover. About everyone.

You are me. There's no more. Intimate relationship than identity.

Be the other one. You can't get closer than that. Identify what happiness is.

And then when you discover what happiness is. Then move on to the quiet place. The imperturbable place.

And I think now you should make. Direct. Motions towards.

The quiet place. You do not end up in a closet. When you reach there.

You could if you wanted to. But what happens. Is point of view.

That's the only thing that changes. After you reach the top state. You see the world.

As an out projection of your mind. Just like you project things in your mind. In sleep.

You get yourself in a room under some blankets. And then you'll dream of a vast. City.

How does a city get into that room? Into your bed. Exactly the same way.

The point is. This world. Comes into your experience.

You're not in this world. You put this world in you. Into your mind.

Get that mind quiet. And once it's quiet. Any thought you put in that mind.

Will materialize immediately. But so long as you have. Ag flat.

It's a constant grinding. And pushing you. Outward.

Your attention's out there. And you're struggling to survive. A carcass that does not survive.

How smart can we get? We fight 50, 70, 80, 90 years. To accomplish something.

That every one of us knows is impossible. This physical body goes. But once you.

See the truth. You've got no choice. You're eternal.

And your point of view. Is that. When you're ready to let go.

Of the heavy overcoat. You'll do it with a big smile on your face. Knowing that.

If you want it again. You can create it. Or a hundred others like it.

But you don't do it because. The physical body is the. Greatest.

Obstaculation. That beings anywhere in the universe can have. The physical body.

Is the densest state. Man can get himself into. So if you do like bodies.

You'll. Travel around in a subtle body. Made of a much finer substance.

Really made up of light particles. And it'll go instantly anywhere. You're caught there.

Gasoline. But I mean it when I say. Now you should start doing these things.

And it's mere thought. When I first went to the ranch. I left New York only because.

People around me were annoyed. By what I was. I guess the power was.

Too overwhelming to them or something. So I decided to park the car. Just out there.

Isolated spot. And I was not aware. Of the fact that everything around me.

Was a miracle. Because when you're there. It's like breathing.

You don't notice it. When people came in. They began pointing out.

All the unusual things. It's funny to satisfy them. I thought I was doing things.

Their way. Like one time. The car I got now.

Stopped working. I said to the two girls in the car. Well.

It's just started. It won't start. I get a screwdriver.

And I fix the starter. I get back in the car. And Frances Allen.

Furious out laughing. I said what are you laughing at? She said.

What's the screwdriver for? I said just fix it. Didn't you see me?

She said yeah. She just touched it. When I thought back.

I said gee that's right. I rode around in that car. For two years.

With two dead cells in the battery.

[Speaker 10] (3:59:07 - 3:59:07)

Laughing.

[Speaker 1] (3:59:10 - 4:00:30)

So almost every time. I go to start it. It wouldn't start.

I just let go. It would start up. Until one day.

I was down in Phoenix. My friend. Tony.

I had to take him to the bank. I get back in the car. A little sound.

That was it. There was a sign. Atlas batteries across the street.

Something within said. Do it their way. Cost me $23.

Laughing. Thinking. I used to walk through trees.

Through barbed wire fences. Standing over a rattler. Someone.

Took off. Like a rocket. I.

She was an old lady. She was. In her late 70's.

Never saw a moose up there. Laughing. She got.

So what's the matter?

[Speaker 10] (4:00:31 - 4:00:32)

Snake, snake, snake.

[Speaker 1] (4:00:33 - 4:04:20)

I looked down. It was right between my legs. Okay.

And I walked on. Nothing will ever touch you. When you're in that state.

But the point I'm bringing out. Is the effortlessness of living. When you reach there.

The snake was there. The car was there. The dead battery.

But it's meaningless. And it's the way. You would like it to be.

But you don't go around. 24 hours a day. Trying to survive a body that won't survive.

Get that mind quiet. And that. Top state is natural.

Identify what. Happiness is. Discover it's you being you.

From there on. Take all your happiness from you. And keep releasing.

Until. Your fears of dying just. Almost overwhelm you.

But then you're able to handle it. Release them as fast as they come up. And you're free.

It's not the final step. But it's getting very close to it. Once you release the fear of dying.

You'll discover the next and last step. And you don't become an idiot. A zombie.

You just become the universe. Your beingness you see is. The total beingness of the universe.

But your point of view is entirely different. This thing here is just as real to me as. Your night dream.

Dreamingness. Would be real to you. After you wake up.

Say I woke up. My mind went quiet. Oh.

Now I see. So after you see the dream nature. Of the so-called waking state.

Which turns out to be a sleep state. You're just as much asleep now. As you are when you're dreaming.

In the night time. But you classify it as a waking state. But when you'll get your mind quiet enough.

You'll discover this. That this is a dream. Creation.

Of yours. And what happens to the body is. You just.

Let it go it's way. You forget about it. You give it it's just due.

Or even if you don't. It doesn't matter anymore. It's only a thought.

Your body is only a thought. And when you do these unusual things. I got off the ranch the first time.

I teleported with others. And believe me it's just as much a surprise to you. As it is to anyone watching.

Because it's not really. Something you do. You get yourself out of the way.

And it happens. And I was just walking. Back from a hike with two others.

[Speaker 10] (4:04:20 - 4:04:21)

And I was tired.

[Speaker 1] (4:04:22 - 4:17:23)

And I said oh there must be a better way. I said sure. Everything is perfect.

And I said per one foot was up. A mile and a half away from the ranch. And I said fix.

The front foot was. Just outside the ranch. But there's no movement.

And when the surprise for me was. The other two came along. And Demetri couldn't accept these things.

That was the biggest of all surprises. He just couldn't accept these things. And when Frances Adams said.

Frances we teleported. Demetri's brain began to hurt. So I had to shout her down.

You're crazy Frances. And she got up. Near effortless thought.

And we were. A mile and a half back at the ranch. The interesting part of it is.

No one. Is really. Disturbed.

Where we left. And where we. Went to.

Looks exactly alike. But the next day when I asked Frances. What made you think we teleported.

There's no motion. Like in a lifetime you think San Francisco. Is San Francisco.

Next moment you think New York. It's New York. That's the way it works.

And she laughed and she said. Oh I know. We teleported because.

We collected a lot of rocks on the way up. Demetri and I. We bypassed the wall.

And also I could see. Quarry Hill. Which is on the ranch.

Through the trees she saw. One of the hills on the ranch. And those things used to happen.

Actually without premeditation. I think if I were to say. I want this.

Or I want that. It would never happen. You let go.

You let the perfection be. You let the harmony be. Another funny thing happened on that trip.

I was so spaced out in those days. And Frances got. And Demetri got their lunch together.

And I was to bring the water. I got a canteen. Just that size.

And about that thick. A water for three people. On an all day hike in the desert.

I said to her. Let's not drink until we get to the top. You start drinking.

You want more and more water. And you get weak. We'll drink at the top.

And it's easier walking down. We each had. Two half cups.

I looked in the canteen. There was an eighth of an inch of water at the bottom. I said oh my gosh.

What you have done Lester. And I let go. Everything is perfect.

I said oh we got lots of water. You want another drink Frances? Yes.

Demetri yes. The three of us had seven drinks. I kept pouring.

Everyone was satisfied. I looked in. It was still an eighth of an inch of water in it.

Effortless thought. Let go. Oh we got water.

And we had it. But every one of you. Can do that right now.

If you'll just chuck the I cannot. Every one of you has that power. At this moment.

Been driving all night. Mike. You feel tired?

Feel it. I just saw you yawn. That's what I want to say.

If you feel tired. Just let go of wanting to change your tiredness. And you'll be revived.

The energy. Is unlimited. When you get the.

Ag flap out. You will not want to sleep. Except if you choose to behave like others.

So you join them in your sleep. But sleep is not natural. Sleep is an escape.

From the heaviness. Of the ag flap. So again identify.

Where you are. Here I am. Operating.

Like a robot computer called the mind. The mind works exactly like computers do. We put in the programs.

And we hit the automatic button. And we forget. That we hit the automatic button.

And from there on. We're being run like robots. By these programs that we put.

Into our computer. And the basic program. Our approval control security.

Which further down become. Apathy, grief, fear and so forth. No more approval.

No more wanting the control. You're free enough to. Tackle.

Wanting to survive as a body. You release that. And you're free.

Know what your goal is. Identify with. What I am right now.

You want to know your sum total thinkingness. Look around you. Your daily life.

That's it. There is nothing out there. But the out picturing of your mind.

Is your sum total thinkingness. Manifesting. That's why none of us see the same thing.

We see our own consciousness out there. The example I bring up for that is usually. An automobile accident.

Five people looking right at it. And you have five different reports. We think we're all seeing the same thing.

But we're seeing only. Our sum total thinkingness. It's your picture.

Take responsibility for it. Then you'll change it. The basic law in the universe is.

Absolute harmony. And when we are not experiencing it. Throughout computerized programs.

We're interfering with it. So there you are. With your computer.

You're thrown it on automatic. You have zero free will. In this life.

Whatever choice you make. It's made by your feelings. Which are your program.

You have no free will. In this world. However.

You do have a choice. To identify. With the programs.

With the computer. With the body. That the computer has projected out.

Or. To identify with your beingness. But you see what you're doing.

99.999% of the time. You're identifying with the body-mind. You do have a free choice.

To identify with your beingness. Or with the ag-flat. So take responsibility.

For what you're projecting out there. Reduce the ag-flat. And watch the reduction of the agony.

Out there. Which will encourage you to do it more so. Until you undo the whole thing.

Everything in life is a waste of time. Except going free. Because that's what you're struggling for.

And you'll never ever stop until you get it. So why waste time? I expect to see some of you go free soon.

How much time should it take? A few months. If you'll carry out the six steps.

You can do it in a couple of months. Without agony. The sixth step tells you.

It's all joy. If you make it constant. It's going from one high.

To a higher high. To a higher high. To a higher high.

For a moment you'll feel the. Garbage come up. But that moment you release it.

And you're a bit higher. The next moment a piece of garbage hits you. You're releasing.

You're higher. Next moment another piece of. Ag-flat comes up.

You release it. You're higher. So it's an experience of just going higher.

All the time. Like when you release. If you would make it constant.

You'd get that higher all the time. But higher and higher and higher. Until you can't stand it anymore.

Then you'll step into the peace. Stop wasting time. Now I'm not saying quit work.

I'm not saying. Break up your. Relationship.

Use work. Use relationship. To wind it up in a.

Couple of months. You could do it if you do it. Where are you weakest?

Step number one. Your want. For freedom.

Is less than your want. For the bondages of the world. For the limitations of the world.

You've got to get. Step number one in. And all the other steps.

Will fall into line for you. When you want freedom. More than you want anything else.

You'll get it quickly. A month or two. Because you'll carry out the rest of the steps.

With ease. But you're wanting things of the world. More.

Than you're wanting freedom. Which is obvious by where you're at. Working for a living.

Couldn't be more stupid once you're free. Work for a living.

[Speaker 10] (4:17:23 - 4:17:24)

You're eternal.

[Speaker 1] (4:17:25 - 4:20:30)

What do you mean work for a living? But if you have to. Right now.

Stay with it but use it. All the time. For releasing.

You don't like working. Or even if you like working. You can release that.

We have to release the. Upper area. Courageousness.

Acceptance. And. Wanting peace.

The last thing you do release. Is wanting that ultimate state. But that happens.

On its own. I am it. I am there.

That's it. So to sum it up. Identify.

Where you are. You're beingness. You're a mind.

You're a body. Your beingness creates your mind. Which creates the body.

And the material world. See that you're. Got a computer going.

You threw it on automatic. And it's running you. Make the decision.

The hell with this. Being pushed around. Let's get that picture of a donkey.

Working all day long. After a carrot. That carrot is the world out there.

We're just as smart as that donkey is. We're after that carrot. All we need to do is stop chasing it.

And be. And that's it. So deprogram that computer.

By ridding yourself. Of the ag flap. The wanting.

Of approval. The wanting to control. And finally the wanting to survive.

As a physical body. And it'll take as much time. As you so decide.

It can be in months. It should be in months. But check yourself.

You don't believe. You can have things. Just for the mere thought of it.

[Speaker 2] (4:20:31 - 4:20:31)

And yet.

[Speaker 1] (4:20:32 - 4:22:40)

I know a lot of you. Have already experienced miracles. You still don't buy it.

So I'm pleading with you. Stop the nonsense. Be free.

By the time this course is over. Know exactly what it is. You need to do.

To go free. You get out of the having the state. Into the doing the state.

That puts into the being the state. When this course is over. You should know exactly what it's all about.

No doubts as to. Where you are. Where you're going.

And why you're not there. Now. Okay.

I think I'll end on that. I'd like to take up where I left off last time. To try to get.

Each one of you to. Identify where you're at. Where you're going.

What you need to do to get there. Is there anyone who feels. That he or she.

Does not understand that. What freedom is. What I am now.

What there is in my way to get there. Is there anyone who does not. Fully understand.

That. I'm good. Bye bye.

But that's great.

[Speaker 2] (4:22:44 - 4:22:47)

I didn't hear you Michael.

[Speaker 1] (4:22:56 - 4:42:24)

That's true. But. Within your mind.

You can understand. That I am here. And up there is freedom.

That nice. Perfectly quiet place. And that the only thing.

That's keeping me from. Remaining there. Is the noise of my mind.

Called. Thought. We all think.

Now that we are. Egos. There comes that pun.

Ego you must go. And ego. Is the blight.

Upon. Ourselves. When the ego is gone.

You're abiding only. In your beingness. Seeing everything external.

As an out picturing. Of a camera you set up. Called your mind.

Which you have filmed. With banks and banks and banks of films. Called programs.

The heaviest of which are. Emotions. Feelings.

The ego is a sense of separation from the one. Or oneness. When we identify with our beingness.

We see no otherness. Not only are you. Are you.

Me. But every atom out there is me. Or if I let go.

Of the projection. I only am. And that's the greatest.

State. Possible. It's the end of the line or the beginning of the line.

Understanding. As Michael pointed out is actually. Being.

It. If you want to know what a. Dog is.

Be the dog. If you want to know what a tree is. Be that tree.

It's possible. If you want to know what freedom is. Be your beingness.

So we separated ourselves originally from the one. In order to do that we need a mechanism called the mind. Which is a.

Screen of reflection. Of the multitude. Of parts.

We set up the mind and. Into the mind we. Program all.

And everything that we. Now experience. We have lost sight of the fact.

That we came from a place that. Was all knowing. All powerful.

Everywhere present. And projected out the mind. Which projected out.

The universe. The material world. And we liked it so much.

And got caught up in the play of it so much we forgot. Our beingness. And began to think

that we are those.

Films were playing out there. We have really gone to the extreme. I am going to draw.

On here how the thing. Started and how it ends. We come out of all beingness.

Which when you are in it. It is just awareness only. You are aware period.

Now you have all experienced it but you discount it. You think you must be aware of something. Or someone or some action.

But when you are in beingness. You are just only aware. And because you are beyond the mind.

There is no memory. Of the beingness. But there is a memory.

The moment you come into mind. You want to go back immediately. But because you have gotten involved in mind.

You just can't easily get back there. So up here we create a mind. Which creates a body.

And some day you are going to see. That you created the entire physical universe. That the only place where that universe is.

Right now is in your mind. And that is provable. If I knock your mind out.

Where is the universe? Gone. Or if you go to sleep.

And don't dream. Where is the universe? Where is your body?

Where is everything? Gone. Don't wake up.

You will never see it again. But you remain. Now the state of sleep without dream.

Is the state of being. You are in the ultimate state. When you sleep.

And do not dream. But you are so. In the habit of thinking.

That which is must be the physical. The only thing you say about that wonderful state is. Oh I slept well.

It was nice. But if you could get into that state of sleep. Consciously.

You would remain there. Unfortunately we cannot remain in that state. We have to come back to our program.

Called the. World the universe. We have to.

Undo them. Get the banks. You know what banks in the computer are.

And pull them out. Pull out all the disks. All the tapes.

Everything. And when all the programs. Called feelings.

Are out. You will just only be. And that's the ultimate state called freedom.

And again you'll never stop scratching for it. And digging for it. And fighting for it.

And living for it. And dying for it. And everything you're doing.

Is trying to get to that ultimate state. We call it happiness before we get there. It's beyond happiness.

However. Please get happy. Get happy.

24 hours a day. See then you're up close. To the free state.

You can remain happy all the time. You're on top of the chart. And you're in a high place.

On that chart. Which will allow you to let go. Of everything.

And just step into that quiet place. That. Tranquil place.

Which is so delicious that when you touch it once. You'll never stop until you. Sustain it for all time.

This is happiness. But remember the top state. Is above happiness.

No matter how happy you are. The top state is. Imperturbability.

And you don't have it until. You move into it. And move through the world.

Imperturbable. Regardless of. Energy crises.

Wars. Hydrogen bombs. Quakes.

Regardless of all those things. Your tranquility cannot be disturbed one iota. When you're there.

Because you know it for what it is. It's a meditation. Everything you're doing.

Is within your mind. Undo the mind. Which means quiet it.

And you're in your. Pristine state. Of beingness.

The reason. The mind is not quiet as you know. Is your thinking.

And the reason you're thinking. Is you're trying to satisfy your feelings. Every one of which was put in.

To automatically keep the body surviving. And you've been doing this for. Millions if not hundreds of millions of years.

And the programs. The automatic programs. The crawls.

Axe flaps. And so forth. So as we keep releasing.

The axe flaps. The need to stay on guard. 24 hours a day to protect the body.

Lessens. We become more at ease. Quieter.

More peaceful. And. More loving.

Because love is. Our basic inherent nature. When I say love I mean the highest love there is.

Where you'll treat the strangest stranger. Better than you'll treat yourself. So all we need to do is to.

Get the garbage up. And get it out. First at the level of approval control.

You all know that every other feeling. Is wanting either approval or control. And when you're rid of.

Approval or control. You're rid of everything underneath it. And when you've undone.

An appreciable amount of approval control. Then you can really tackle. The wanting to survive as a body.

And when you hit it. If you'll just stay with it. A week or two.

And keep it going. There'll be no more fear of dying. And you're so close to the top state.

That you can easily. Make the choice to go into it. Or to remain.

Where you are in your circumstances in the world. The majority of people who reach the free state. Isolate.

Or disappear. Some of them go out in a flash of light. And they don't have family connections and so forth.

Some of them have. Left the notice to their family that they've left. They just dropped their physical body.

And a very small percent decide to stay. Here and. Help the others discover what they discovered.

They are the Buddha's the Christ's and so forth. You will know what you want to do when

you get there before then. It's very difficult to know what you're going to do.

But know that you don't disappear. You don't lose your mind. To insanity.

And you do not die. Now the reason why you haven't gone free already. Is the fear of dying.

You put all these programs in. For survival. And you do feel if I let go of these programs.

I'll be dead. The truth is exact. Is the exact opposite.

As long as you're in case. In a physical straitjacket. You could not be better.

But this you discover. When you get out of the straitjacket. You might choose to move into a subtle body.

The astral body. Which is made up of substance. But much finer than anything in our physical world.

And which will travel by mere thought. Which doesn't have to be said. Which is something like the bodies you see in cartoons.

You know they squash them down flat and they bounce right back. Because in your astral body. You're in the realm of thought.

Only. Not thought making physical. As much as just thought only.

And whatever you think is immediately. And if you choose to work with the rest of people. That's the avenue that most of the great ones have taken.

They leave the physical. They move off into the astral realm. And they help and guide us from the astral realm.

Because there's no limitation there. Jesus who dedicated himself to everyone. Could right now.

Talk to everyone. If everyone wanted him to talk to them. And could accept it.

But in the physical body he's extremely limited. On the other side. The limitations are gone.

So the majority. Of those who go free. Work from the other side.

And. It's a team. It's an organization without any organization.

And there's no highs and lows. They're all together. They've dedicated themselves.

To helping and guiding the evolution of this planet. I'm telling you this for. One reason.

Being that. In the near future. Life is going to become more and more difficult.

We. Subconsciously knock out all our props. Smartly so.

So we. Have to rely upon ourselves. When your jobs are gone.

Your supermarkets are gone. The air can't be. I don't want to.

Go too far down that way. But things. Are going to happen.

Where you'll put yourself in the position where. You'll survive. Just by knowing.

I am. That everything out there is a. An outpicturing of my mind.

And if I don't like the picture I can change it just like that. Now what happens if somebody pictures. Catastrophe.

And I picture harmony. And we're standing side by side. And that one who's picturing.

Catastrophe pulls in a hydrogen bomb. Explosion. Nearby.

What would happen? No. It wouldn't touch me.

If I'm in harmony. I don't even see it. It's not there for me.

I used to think in New York City. That every time I went down a west side highway at high speed. And there's a whole traffic jam up ahead.

That they opened up. And I went through. And I was convinced.

Somehow they always opened up a way for me. It was always a week or two ago. I was talking to Virginia about it.

Oh my gosh. That doesn't happen. How could a half a mile long of traffic suddenly open up.

It's only a two or some places three lane highway. The west side highway.

[Speaker 10] (4:42:25 - 4:42:26)

What happened there?

[Speaker 1] (4:42:27 - 4:43:10)

I began remembering. Sure enough. They opened up and I went through.

But that was my picture. Their picture was all jammed. So I must have gone right through them.

That was my picture. So someone alongside me pulling in a hydrogen bomb. And I don't see it.

There is no hydrogen bomb. It can't touch me. Not my picture.

I hope you're beginning to see that there's nothing out there but your picture.

[Speaker 4] (4:43:10 - 4:43:20)

I think that we're sharing the experience in reality.

[Speaker 1] (4:43:22 - 4:58:14)

We think. We think we're seeing the same thing. I always bring out an accident.

Five people watching it intently. Come out with five different reports. And each one would swear by the Bible.

They saw it. Right. Yet there's certain agreements you pick.

You and Howard get together and picture having children in common. And when you look at the children you think he sees the same thing. But he doesn't.

He sees what he sees. You see what you see. You see your picture.

But there are certain agreements. To varying degrees. And we have picked certain agreements like if we raise the temperature of the physical body ten degrees it dies.

What a dumb agreement. We'll drink coffee or tea more than ten degrees hotter than it is. It doesn't kill us.

But if the temperature of the body goes up ten degrees we die. It's just a program. This is how far we've gone in our stupidity.

We need oxygen. We eternal beings need oxygen in order to survive. Only if that's your program.

By releasing approval control security you let go of those programs of needing oxygen, needing food. It was never meant that we take other life and rot it inside of ourselves to stay alive. And this gorgeous thing we have that we spend almost our total time in keeping up is a garbage producing machine.

Take your attention away from the body. Give it its just due. Stay away from these programs of vitamin A and you get B and C and D and X, Y, Z.

Then I'll have A, A, B, B in time. Can't you see it's always changing your diet? They're always changing.

They don't know. The problem is food. Don't eat.

Take your energy directly. You're doing it anyway but unconsciously thinking you're getting it from the food. But there's only one energy.

Cosmic energy. Whether you call it food or gasoline. Think in the directions of getting it directly until you experience it.

And then you can cut out food, air, and never die. Now releasing these programs is simply undoing ego programs. Ego is the sum total of our programs.

And there's an expression when the ego is zero, God is all. When there is no more ego, we identify with our beingness only. What the world calls God is the infinite beingness of the universe.

If we have beingness, we're part of that. When you identify with it, you discover you're the totality of it. Now wrongly thinking you're one infinitesimal part of it.

You're like an ocean. Imagining a circle around you, calling yourself a drop, and saying, I'm a drop, I'm not the ocean. When you take that bondage of that circle and get rid of it, you discover you're the ocean.

And this is what happens when you rid yourself of all your programs. You're as free right now as you are imperturbable. If you want to check yourself, look out there and see how much you are disturbed by things.

Especially family, close ones. And after that, money. See how much you're bothered by these things.

And you can begin to get an idea of where you're at. Every one of you are far less disturbable now than you were before you started the course. You must continue it until there's no disturbance whatsoever.

Now it's hard to judge one who is free because these play acts in the world, and some of the free ones, especially in India, they go around like madmen, crazy. Purposely so, to keep the dead ones off their backs. Because anyone involved in the world, you know, what do you mean it isn't a miserable world?

You can't even see it. And they're trying to throw pictures at you that are non-existent. They're trying to make you come down into misery, which you don't want to, and won't.

And so you need to step aside, step back. That's why most of them go into caves, or disappear, or act like madmen. Except for a very small, a figure of maybe a few percent of them, will come back here and work with us to try to awaken us to the fact that we have no limitation also.

Now that we're getting more apparatus, I've always had the hope from the first day of the course to get an electronic machine that tells you I am totally bound, I am totally free. Could be done. Your disturbance, your inner disturbance can be measured.

Because it's automatic. But if we had a scale from zero to infinity, it would all be done right at the bottom there. So we would set up a scale from zero to part way to infinity.

And it could be measured in figures. Maybe someday we'll have it. But there should be a way for you to judge you as to where you are on the scale of freedom.

And the best thing is imperturbability. How much can I be disturbed in the most stressful situation? Now if you use that same situation and keep measuring yourself against it, you'll see your growth.

If you want a good one, dying is a good one. You can see yourself, you know, falling off a cliff, walking in front of a moving truck. Hold on to it.

Well, that's too strong for you, maybe. But get some situation that you're comfortable with and keep using that again and again to measure how much disturbance you have let go of. So the ego sense drops away, and that's kind of obvious.

When you let go of your ego, you never think of yourself anymore. You can imagine that. You first begin thinking of others.

And then when you so decide you want to move out from the others, you don't even think. The free state is an intuitive state. And you can talk 24 hours a day in that state without having a single thought.

It's talking from your gut. It just flows without any premeditated thinking. I know some of you have experienced this to a degree.

Especially if you're creative. It'll just flow out without any thinking. And it is the best of whatever it is you're doing when that happens.

So ego, you must go. And when he's gone, the only thing left is beingness. When we come out from the top, we set up an idea of a body that looks like this physical one.

But it's made of such fine substance, it's hard to imagine how fine that substance is. And everything's an idea up in this state. The moment you have an idea, that moment is fulfilled.

And that state is, they call it the causal. We dwell for eons in the causal astral state. And we dwell for millions of years in the physical.

Now, as we come down, we go into the astral state, which again is much finer than the physical. But there's action, cause and effect and so forth, but it's almost instant. To go

and do and visit and so forth is not as fast as it is up here.

Up here, the moment you have an idea, it's fulfilled. It's a realm of ideas. I guess I should tell you, every one of us is in these three states right now.

You see, this top state you can't lose, you just densify it, you make it more dense, and then more dense. And when you get down here, you get so dense, you don't see your astral and causal body. And you think you're in that body.

You go outside of the fact that you created the body and that the body's in you. And again, some of you have had experiences where you've seen the body out there. Someday the body is out there all the time.

You just projected the picture out there. And if you don't like it, you can change it instantly. Most people who can do that keep the body about the age of 16, 18, indefinitely.

They don't get any older looking than that. I can see this would sell better than oil and gas.

[Speaker 2] (4:58:17 - 4:58:20)

Why so young? Why so young?

[Speaker 1] (4:58:24 - 4:58:40)

It's a more perfect state than an old state. That's all. Everything works better, looks better, feels better.

Right? In this teenage body. It's been a long time.

[Speaker 10] (4:58:41 - 4:58:42)

I can't remember.

[Speaker 1] (4:58:48 - 4:59:09)

Well, more basically, we don't want to die. Right? If we stay 18, we can't die.

We've got to get to be 80 to die or more. So the concept of youthfulness has the implication of not dying.

[Speaker 10] (4:59:13 - 4:59:14)

Can you see that?

[Speaker 6] (4:59:21 - 4:59:23)

So that's still a limitation.

[Speaker 1] (4:59:27 - 5:00:51)

As long as there's a body, there's limitations. Can you see that? As long as there's a body.

It's a confinement. When you identify with your beingness, you're omnipresent. When you identify with any body, you're at that spot only.

I'm trying to take knowledge up here and bring it down to where it's understandable to you so that you can use it to get out of here and go up there. Am I communicating with everyone? Is there anyone who's not getting these concepts?

I think you should know that answer. I want you to know it. If I had the answer, I wouldn't present it.

I mean, you have to... I want you to know it. What I know helps you learn.

No, I mean, you would know if we're getting it or not, but you're asking me for another reason to ask, to see if we know it. It's helpful to you if you know it. Not helpful to you if I know it.

[Speaker 6] (5:00:55 - 5:00:57)

No, what I'm saying...

[Speaker 1] (5:00:59 - 5:22:13)

I'm saying that you know if we know it or not, but you're asking that question to see if we know it. No, not if you know it. For you to look at it and know it, get to know it.

It's not a question of what I know or what you know that I'm here for. I'm here to get you to know it. So if I ask you, do you know it?

You've got to go in that direction. Say, do I know that? Talking about knowing, I keep repeating the thing that helped me so much, was I only know that which I can do.

Not think, but do. I only know that which I can do. How infinite am I?

I would keep posing that question. It kept bothering me by showing me how far down the line I was. Until finally, all the powers in the universe drop into your lap.

All your confinements are gone. And you can prove them to yourself if you don't want to prove it to someone else. It's sometimes very disturbing to others when they see someone with unusual powers, which everyone has in the first place.

So you don't necessarily show it. But because I was trained as a physicist and you had to prove things out, I had witnesses to everything that I did before I accepted it, as a good physicist would. You think you're in this physical body.

The reason why you're blundering, you're just, you're holding on to the lifeline, you know, by your fingertips. About to die any moment is the way we go through physical life. That's why I drew it that way.

But we operate the physical body with the astral body. Our minds are in our astral body. We contact the physical body in the lower part of the neck, the medulla.

And through here we operate the body through the brain, which is only the switchboard that connects up all the parts. There is no thinking going on in the brain. So when you read these theories of left brain, right brain, that's all put out by lame brain.

And everything they're doing with the brain is in the physical realm. Which the mind is not in. And so they cannot understand man's behavior.

But knowing that the brain is in the astral body can be used to your advantage. If you get involved with spirits, entities on the other side, and many people do, I don't know why, probably a carryover, you never ever have to fear an evil spirit. Because these characters on the other side, in the astral, what to them is their real brain, what to them is their real reality is their mind.

Everything is mental there. And whatever we do mentally to them is real. So if you've got some evil spirit trying to beat up on you or do something to you, you just mentally hold what you want, and this one's lost it away.

You never have to fear the other side, the astral. They can take an astral stick and beat on your head and beat on your head and it goes right through your body and you don't even know it. Unless you're psychic.

If you're psychic, it might hurt you. So if someone's got some evil potion or some evil sentence and so forth, you just smile at it and you just know they cannot touch you and they cannot. As you move up, start going back home.

The characters on the left side of the screen are jealous of your state. You see, we're ahead of at least one half of the people in the universe. More than one half, because we're coming up off the bottom.

And more than half are on the way toward it. But these people are what are called the jealous gods. They have powers, just like someone moving up here has powers.

And they're equal in powers. They can mentally manipulate the physical matter, things like that. So when you start moving up, the ones behind you, because of jealousy, they'll

try to slow you down.

They'll tempt you. Oh, you're above all that nonsense. You can do it now.

You can play with that fire down there. It won't burn you. And I've watched so many people succumb to these characters because they're playing around with the astral, with the psychic.

They're trying to develop a power here, a power there. The number one program on the chart is separateness. The very first program we put in is wanting to be separate from the one, from the oneness.

The oneness is our beingness. It's omnipresent. Right now, your beingness is everywhere present.

We start cutting ourselves off from it by saying, I'm going to be separate from it. And we put a circle around ourselves to encase our beingness into a thing called mind-body. Our beingness sets up a mind which imagines it's a body.

So everything you do and will keep on doing until you reach freedom is to undo that feeling of separateness. On the chain of separateness comes mind, body, and everything to do with the body. Other bodies, mama, papa, children, husband, wife.

It gets more and more involved as you move out from the top state of oneness, of beingness. But this beingness that you are is always there. There's nothing more intimate than this infinite beingness that you are.

When you say, I, that's it. When you add on to it, that isn't it. That's what you need to let go of.

You just say, I, I, I from here on, you'll be there. But the moment you add something on to it, I am this body or I am this mind or I, I am, that's not it. You're separating, you're imaging in your mind more than the oneness.

And the more you image, the further away you are from that top state of just being. Because you're being the body, you're being the mind, you're being the husband, you're being the wife, you're being the child, you're being the friend. Then you're, in being the body, you're being involved in everything to survive, keep that body surviving.

But there's one thing you can't let go of, that's the word being. That's the part of you that has no limitation. That's the part of you that you're looking for in every last act you do.

You're unhappy because you're not just being. Unhappiness is just moving away from beingness. So the more you try to be a body, the greater your unhappiness.

There is no misery in life when we let go of identifying with the body and just identify with our beingness. Are you? Sure you are, that's it, period.

Nothing else, that's it. You see the kiss theory? It's so simple.

How do you get rid of all the obstaculations? Ag flap, that's all it is. These programs put into the banks of the mind keep operating until we release them.

You get these programs out of the mind, the mind goes quiet and your beingness is so loud you cannot help but be self-obvious to yourself and to what you are. Truth, reality is that which never changes and there's only one thing that never changes, the reality, the truth, our beingness. So we start from our beingness, we create a mind.

The mind reflects all the parts. The mind creates all matter and when you get involved in matter, everything matters and you're just plagued by a bunch of nonsense. So we need to start going back up the chart, ridding ourselves of all these unconscious deep programs, Agflap and so forth.

I'm back at the point that I started with when I first spoke to you. Identify where you are, where you're going, what it is that needs to be done to get there. Does an infinite being have to work for a living?

Do the free ones have jobs? Let go of the importance of work. Of course you've got to do that which you have to do.

Otherwise your program says, I will die. You need this carcass to plague you until you get back up to the top. The only purpose for being in this world is to discover our freedom.

The only purpose to come here is to get rid of all the limitations. And where are the limitations? In the mind, I'm afraid I can't, I'm guilty, I don't deserve it, I'm angry, apathy, da da da da da.

The whole purpose of being here is to rid ourselves of all these mentations that are deeply programmed and are the accumulation of many, many millions of years, millions of lifetimes. And yet, when you release at the bottom line, you can go free in a matter of months. Getting it constant gets you there.

The momentum, like you're into now, you're able to release, as you release, you get high. From the high place, you can reach down deep and pull up the fear of dying. When you're free of that fear of dying, you'll feel a much stronger agony, the feeling of separation.

But because you've released so much when you've let go of the fear of dying, you can handle it. And you throw out the feeling of separation. And you're there for the capital T.

Now you must take responsibility to rid yourself of that which you have accumulated

over the millions of years. If you don't take responsibility, you have programmed in those things and you're saying, I've got no responsibility, I have nothing to do with it, so it remains. It's so important for you to take responsibility.

And when something bad happens, say, gee, look what I did. Cause a smash-up. It takes an ability to do that.

But if you take credit for the things you create that you don't like, it keeps you in the driver's seat. It keeps you in control. And as we know, control is not a bad word, not a bad thing.

The want of it is. When we're free, we're in total control of the universe by mere effortless thought. When you're free, your mind is quiet.

There are no thoughts there. So any thought you put in the mind is so concentrated, it happens like that. Your mind is plagued with probably tens of thousands of thoughts right now, all tied into the Ag flat.

So when your mind goes quiet, it's concentrated. And any mere thought happens immediately. It's such an effortless thought.

That word effort is a good word to judge yourself by, check yourself by. To the degree you have no effort in life, to that degree you are free. You don't realize how ridiculous you look like scratching for a living.

It's such a well, I won't say, but you must get to the you must get to the place where you master the world. Because if you're not winning, if you're not a winner, you have anti-programs. I can't be a winner.

You must become a winner. You must achieve your goals so that you can bring up the anti-winning, the anti-goals, and rid yourself of them. The aversions to the world are stronger and far more subtle than the attachments.

So when you go to be a winner, when you go for goals, up come your aversions, and you need to become a winner just to get the garbage up and out.

[Speaker 8] (5:22:16 - 5:22:19)

What did you say that your aversions were stronger?

[Speaker 1] (5:22:20 - 5:25:02)

Your aversions are stronger and more subtle than your attachments. Your attachments are obvious. I want this, and I want that, and I want money, and I want beauty.

Those are obvious. But the fact you don't, the things you don't want, you don't look at.

And that develops resistance, suppression, and resistance.

So goals are very important on your way to becoming a winner. I hate to bother someone who lives over there, Mr. Aronin. Do you still run your goal charts?

Are you in as good a position as you used to be when you were running them? What you're doing is, you're right up on releasing the blocks to being a winner. You've got to be a total winner in life.

Think and have it happen. If I remember right, you wrote a goal for an important part in a Broadway show, correct me if I'm wrong, and I saw you in a terrific part, really fighting your way through. What was the name of it?

Knockout. And you were a knockout in it. I think during that time, didn't you write a goal to get an important part in a Hollywood movie?

Didn't you get a part in Cruising? And during that time, didn't you write another goal, six figures, to make six figures? And you got it, and then you go to buy everything I wanted, sports car, home in Manhattan, da-da-da-da-da-da, and you got it.

Then what happened? I didn't need any goal charts. I got a cigar in my mouth.

I'm a big shot. I'm not picking on you. That was the time when you could have really made a big forward spurt.

And I invited you. Why don't you join us? You didn't want to.

You were a bum at Sedona Graduate at that time, remember? It was pride. But the important thing, you stopped making goals.

[Speaker 2] (5:25:02 - 5:25:29)

Stopped being focused with Dr. Stone. And the other thing that I did was that when I stopped working, I forgot how I did what I did. And I put limitations on what I wanted, rather than accepting more of the same.

I just kind of, I put limitations on it, rather than open it up.

[Speaker 1] (5:25:29 - 5:37:32)

The word is I stopped. That's all. You stopped.

You take the six steps. There's no stopping in the six steps. She said to me, oh, after I got it, I'm just releasing constantly.

And you were as giddy as could be. Remember? You were into step six.

Nothing knocked you down. If it hit you, you just kept moving up. Had you stayed right there, you would have been totally free in a month or so after you spoke to me that time.

But you stopped. You wanted things of the world at that moment. You forgot.

It was your inner happiness that was so great. Not the things of the world, because when you got one Broadway show, that wasn't good enough. You got two movies, that wasn't good enough.

You got three, six figures, that wasn't good enough. It's all right. Keep on winning, but get to the place where you can think and have things happen.

Try to transcend having to work for a living. That's for slaves. That's not for free people.

I'm sure most of you have created things with a mere thought of them. Now, if you can do it for one thing, do it for everything. It comes in a yes but, and that yes but is the remaining Ag flat.

So use your goal charts. Get rid of the Ag flat. And move into the state of just being your beingness.

You move around. You might have a silly smile on your face, but you can learn how to wipe that off. You won't disappear.

The only thing that changes is I am me. That body is a creation of my mind. The mind is something I set up.

I am whole, complete, eternal in my beingness. And the body becomes of little importance. Once you recognize you created it mentally.

And that you have used it to help sink yourself down into limitations of the body. I guess what I'm saying is don't get frightened at over going free. All your programs were put in as pro-survival.

Every bit of them is anti-survival. Feed that to that mind of yours. Every bit of every program which was put in as pro-survival is anti-survival.

This ought to help you let go of the fear I will die if I go free. You're there right now. But what stopped you is what I was talking about.

Fear of losing what you have now. You never lose. You never give up anything as you get freer.

You take on more and more and more. Correction, you lose your miserable toys, your misery. But when you go free, you'll walk around in a body.

You'll eat, you'll talk, and you don't have to die. You can keep the body going

indefinitely. So let go of the fears if I go free I will die.

I think this is probably the number one hold back for all of us. I will die if I go free. These feelings are going to keep me surviving.

They are my protection. I'll get angry and I'll swing at them. I'll get courageous and wipe them out.

Look into your feelings. Examine them. Identify exactly what they are.

They are pro survival, but actually in effect anti-survival. We all have that feeling, I will die if I go free. All you die to is the miseries.

You take the great ones. Did Buddha disappear when he got free? I think he went back to being prince or king, did he not?

Did Jesus die? Yeah, but he used it to prove immortality. He came back in three days and he's still around.

So was Buddha. Yogananda was a free one. Look what he did.

Came over from India and set up a huge organization. Ran it all by himself. And when he left in 52, I met his disciples, I think it was 54.

They were still totally bewildered, not knowing what to do because Yogananda did everything in the organization. They were paralyzed for several years because he was doing everything. Now, he was a free one.

Look what he did. Had three gorgeous properties, set them up, had tens of thousands of followers. An interesting story on his body.

I met his disciples, two different ones told me about it. He had six feet. He couldn't stand on them, they hurt.

And one day he had to give a talk at their headquarters out in the open. Probably a thousand or a few thousand people there. They carried him into the car, he couldn't walk.

When he got there, the people were there and when they got ready to carry him out he said, oh no, not in front of people. He got out of the car on his own and he walked up to the platform. Marie Nolini is the name of the sister who told me about it.

She said, she looked at him and she noticed his feet were not touching the ground because they hurt. He levitated up to the platform. No one knew it.

Except she and the disciples around him who had to carry him into the car. Now I tell you that to not try to judge a free one by what he's doing. You pick on, well someone said I

took some vitamins.

Well wonderful, what's wrong with vitamins? I sleep, I eat, so what? The question is do I have to?

I have to. And the only reason why the great ones live like we do is because we can't comprehend them if they don't. They come down into our limitations so they can't communicate with us.

But like Yogananda, he had six feet and he had to walk. He didn't want to show it to the public so he levitated. But I think the real reason why most of these masters are quite sick at times, Yogananda all his life had a terrible body, excruciating pain.

They do it as a reminder to them that they are not that body. Because they don't suffer the body. No matter how much it hurts.

They'll laugh, the body's hurting. It doesn't bother them. They don't identify with it.

They identify with their beingness. Beingness cannot hurt. You can do the same thing.

But try to get rid of I will die if I go free. That's what Michael went through, right, Michael? You'd lose everything.

Everything's gone. It isn't. When you're free from the mere thought that you can have anything, sometimes you can have a hundred bodies and talk to a hundred different people at the same time, because there are no limitations.

And if you read the autobiography of the yogi, several of the masters, after they died, came back. Yukteswar was one of them. He spoke to four people, ten o'clock the next morning, in a physical body, at the same time.

There are no limitations when we are free. I'm trying to propagandize you into letting go of fear of dying, of the fact that if I go free, I'm finished. It's just the opposite.

You've got to watch that tricky mind of yours. It keeps you down in the dumps. You shouldn't have to work for a living.

[Speaker 2] (5:37:33 - 5:37:34)

You're an infinite being.

[Speaker 1] (5:37:40 - 5:43:30)

There are other worlds where people never curse in the work for a living. Nature supplies an overabundance of everything for the mere thought of it. In fact, as I said last time, there's nothing out there but the outpicturing of your mind.

If you picture slavery, you're a slave. If you picture freedom, everything comes to you without effort. Stop wasting time on the body.

It creates karma. And karma is a armor. You can never rid yourself of karma because to every act there's an opposite and equal act.

That's the first law in physics. But it applies to what? As you're trying to work out karma, you're creating karma for the future.

It's impossible to work out karma. But what you can do is transcend it. See what you are.

And there is no karma. More specifically, karma is programs. And basic programs are feelings.

And the most basic program is the feeling of separation. Good morning. Talking about relationships, the sweetest, sweetest kiss of all kisses is the kiss of freedom.

And in order to get that kiss of freedom, you must understand the word kiss. K-I-S-S. Keep it simple, sweetheart.

If you will latch onto, catch hold of, absorb, understand that simplicity is the way to understanding the ultimate, it will be the experience. Keep it simple, sweetheart. It is so simple when you discover it.

Only then you know. It's the simplest of all simples. Thy self, thy inner beingness, your isness, your amness.

Knowing which, you will know everything besides being in the highest, most delectable state there is. And everything you're seeking externally, unconsciously, is looking for this ultimate state. And you'll never, ever stop chasing it and banging yourself against the wall of the world until you discover it by stopping banging yourself against the world, going within, and discovering exactly what it is that you are.

But you must keep it simple to get to the simplest of all simples, your very own self. The way to that place is so simple. All you need to do is quiet the mind.

It's your mind. You made it noisy? You can quiet it.

Get that mind totally quiet, and that's it. Is that hard to understand? A quiet mind puts you in touch with the all-powerful, all-knowing being that you are.

Quieting the mind does it. Is there anyone here who cannot understand that? Mind quiet, that's it.

When your mind is quiet, you're self-obvious to yourself, and you are in touch with all the all-power in the universe that's being within you. You are in touch with all the knowledge

there is which is within you. It comes right from your beingness, which you will not quiet your mind for one moment to see.

If you would quiet your mind for just one moment, you would see this, and thereafter pursue only it.

[Speaker 2] (5:43:37 - 5:43:40)

So, to be smart, we need this KISS theory.

[Speaker 1] (5:43:40 - 5:52:59)

You keep it simple. You're drowning it out in overcomplications and running hither-thither to everywhere where it isn't. And where is it?

Right where you are. The reason why we're not going free, we're not reaching the ultimate, is we're not quieting the mind. And for hundreds and thousands of years they've been telling us what to do.

They tell you to quiet the mind, but they have not given us the how-to, which is so simple. Now, your mind is active 24 hours a day on guard in order that you survive. All those programs called apathy, grief, fear, lust, anger, and so forth, every one of them is a survival program.

So, you're constantly on guard 24 hours a day with hundreds of thoughts which you have very foolishly relegated to the background and you don't look at them and you say they're unconscious, taking no responsibility for them, even though you've piled them up back there. You lock them into a closet called the unconscious, disclaiming no for it. Take responsibility for all this accumulated act flap in your subconscious mind.

Then you can start doing away with it. The mind will never ever give you the answer and you're looking for it via the mind. The expression is you're trying to cross the river by grabbing hold of an alligator.

It'll never take you across the river. You must start quieting that mind and the thing that quiets the mind is no thoughts and what motivates all thinking? Feelings.

And all feelings, superficial culminate into the heavier feelings that we call Ag flap. The Ag flap culminates into two called approval, control, which culminate into one called survival, security. When we rid ourselves of wanting approval or wanting control, we rid ourselves of all the Ag flap and the hundreds of other feelings, they're out of the subconscious and the mind is quiet.

And there we are coming from our infinite beingness, working intuitively, which is simply saying we're coming from our omniscience, that's all intuition is. All this intellectual knowledge that we work through our mind is coming through ignorance. Ignorance of the

fact that just behind the mind is omniscience.

Ignorance of the fact that everything we do via the mind is limited and hurts. Every thought has a certain amount of limitation to it. And covers over the unlimited being that we are.

So we need a method that will pull out the motivation of all thinking, which is called feelings, and that will quiet the mind. The mind will never quiet the mind because the mind is the mechanism of falsely looking for survival, security, approval, control. And as long as the mind is a mechanism for that, it will never, ever give you the right answer.

It will forever keep you running after the wrong answers. And you get moments of pleasure and long periods of pain. But you must keep it simple.

You are the ultimate being. Omnipotent consciousness is omniscient and omnipresent. Acting with extreme limitation held within the mind, push back into a closet called the unconscious and acting as though, I didn't do it, and if it comes up, we don't like it, we try to push it back in the closet.

The way is simple and the way is easy. Let the feelings come up. Get them under approval or control and let them out.

Carry out the six steps of the method and it will take you months to empty out the totality of your garbage. After which, life becomes a near effortless, beautiful, harmonious, almost dream. Everything comes to us with no effort, by just merely placing the thought in our quiet mind, it will manifest, if not immediately, quickly, and you'll never, ever stop struggling until you do that.

So, why not now? Why not in the next few months? Get smart.

Remember the KISS theory. As we break it down into three parts, there's this infinite I that I am, all-knowing, all-powerful, everywhere present, right now, always was, always will be. And how much of it are you living?

Isn't that silly? What it takes to get to know that is just the resolve that this is better than this. A body with sickness, with constant attention to keep it surviving, fighting a battle that's an absolutely no-win battle.

Where are all these bodies going to be a hundred years from now? How smart are we to spend all our time surviving this body when we know it's not going to survive? Intelligence is should be defined as the ability to be happy.

Psychology defines it as the ability to resolve problems. It should be the ability to be happy, the ability to be happiest. And were we intelligent, we would be the happiest.

Everything we're fighting for, struggling for out there in this world is already ours. And

we're running away from it, chasing after it where it isn't. I'm sure some of you have seen this.

I think people have seen what I'm saying. Okay, why aren't you free? Why aren't you this unlimited being?

[Speaker 5] (5:53:01 - 5:53:02)

Right.

[Speaker 1] (5:53:03 - 6:09:57)

You want these stupid things in a world which you think are going to give you this. And again and again and again and again, every day, year in and year out, it doesn't give it to you. You never stop struggling for that which you are externally.

You've got to make that U-turn. You've got to stop chasing it out there, make a U-turn right back on you and see you the way you really are, whole, complete, omnipotent, omniscient, omnipresent. This is what you're struggling for in your every act out there called happiness, security, whatever.

You'll never ever stop until you get to fully identifying yourself as to what you really are. This is the changeless you. It's perfect.

You cannot do a thing to it except look away from it, but you can't do a thing to it. So get intelligent. Get all the happiness there is in the universe.

Get to the ultimate state. Get out of the struggle and let yourself just be and be and be. So here we are, this infinite beingness, and we set up a mechanism called mind, which the world thinks is so complicated.

They go through college courses and get doctorates and they don't know what it is after so many years of study. And all it is is a sum total collection of our thoughts and feelings. The mind is a very simple thing.

It's the totality of all our thoughts and feelings. You know what a thought and feeling is. That's what a mind is.

And the majority of it we don't look at. It's unpleasant. So we call it unconscious.

We set up this mind, which sets up the body. The only place you can see your body or any other body is in your mind. It is nowhere else.

And the proof of that is every time you go to sleep, out goes your body and every other body. When I say don't wake up, there's never any more bodies. But you are.

If it were only possible to do that, that would be great. Go to sleep, dream of sleep and

don't wake up. You would become aware of the fact that you are your beingness.

But it's impossible to do it that way. We program this thing in. And like the astronaut in 2001, he went into the computer, and that's all our mind is is a computer, and started pulling out the banks.

And those banks are apathy, grief, fear, lust, anger. Those are all the programs. Pull them out, and you'll just be.

Quiet that mind, and then you're aware of being in this state. And remember, the mind will never quiet the mind. That's why all the ways that have been tried for thousands of years don't work.

They're all trying to do it within mind. And the mind is the enemy and will not do it. We must quiet that mind by quieting the motivation of the mind called feelings.

Now, in all these feelings relative to the highest love, are all non-love feelings. And that's why the world is in such a destructive direction. But they're actually, as I started to say, all feelings relative to love are non-love feelings and are destructive.

All Ag flap is destructive. Remember, underneath the Ag flap, everyone is a Christ. Everyone is all love.

And the only thing covering up this all-lovingness of ours is the Ag flap. But you know what? You can transcend a hydrogen bomb.

You can make yourself untouchable by a hydrogen bomb. How? The absolute conviction.

The hydrogen bomb cannot touch me. We'll do it. You're seeing some of these things coming out in the world, and things like fire-walking.

We've had a few classes, I think, in Sedona here, where a teacher's taking people over red-hot coals barefooted. People kept themselves in a nice high state, absolutely convinced that they can do it, and they just come, we walk over the red-hot coals. It's just a thought.

That's all it is. Can anyone have a thought here? It's just a thought.

But see, that goes for everything. You can withstand a hydrogen bomb the exact same way. You see, you can override momentarily the subconscious negativity, but you need to eliminate that negativity to have that ability for all time.

Whatever you think is. This is the funny thing that's going on all the time. There's nothing out there but your thought.

Again, that's proven by going to sleep. All that out there disappears when you go to

sleep. Where is it?

It's in your mind. It's your mind that says there's a character up here talking to you. Put your mind to sleep.

I'm gone. Don't wake up. I'm gone forever.

But you'll remain. Like you do every morning when you come out of a deep sleep. You see how simple it is?

Keep it simple. There's nothing out there but your thought. Everything happening is your thought.

Most of what's happening is negative. Get rid of your thought. Get rid of your mental action by quieting.

Quieting the mind so there's no thoughts unless you choose to put a thought in. It's simple and it's easy. You just make that choice.

When you want freedom, when you decide you want freedom more than you want everything else you've got in life, and I mean everything else, relationships, wherewithal, when you want freedom more than you want those things, you get it quickly. Also, when you see that the only reason why you want that is to have that freedom, that'll help you make that decision. You're going after that ultimate state of security the wrong way externally and the only way you'll ever get it is inward.

And once you have that nothing in this universe can touch it. What you don't see is you're experiencing exactly your mental picture. You're some total thinkingness which includes all the unconscious thinkingness which is 95% of your thinkingness now.

That's all you're experiencing is your sum total thinkingness, the conscious and the unconscious together. But you've got to keep it simple. Get to see this and then work to undo that mind activity by ridding yourself of your feelings.

And when you do that you're in the highest state of love there ever is, which is the natural state. I want to give you a summary of what it's all about. Number one, you must remember the Kiss Theory.

Keep it simple, sweetheart. Keep it simple. If you don't, you'll be forever in confusion.

You must keep it simple. Now, there's nothing more intimate than this infinite being that you are. You're feeling it every moment.

There's nothing more intimate than this unlimited being that you are. Can you see how simple it is? Remove the static of the ag flap and there it is.

Your basic nature is all happiness. But you're moving in every direction away from it all the time. Stop that movement.

Stop that action and just be what you are. Be the total happiness. That's your basic nature.

Isn't that complicated? You must keep it simple. You are that which you are seeking.

You are that ultimate being. You are infinite. Stop all that noise and effort of being otherwise.

How? Remove the ag flap. Isn't that simple?

Why don't you do it? It's more interesting than garbage. It's like that story from India.

The fisher women were walking with their fish baskets through a field of flowers and they decided to take a nap. So they parked their fish baskets and walked into the field and tried to sleep. They couldn't sleep.

They had to go back and get their fish baskets and park it near their heads so they could sleep. They needed that smell. And this is what you are doing.

Be smart. Make it simple. Drop the ag flap.

Identify where you Discover where you're at now. You're here now, right where you are. Look at where you have been.

Notice that you've come up, that there is a way up and out. And set your goal for where you're going. And see where you are on that scale.

And how much you are fooling yourself by not doing that which requires you to go all the way. I used to say to me, I only know that which I can do. How unlimited am I?

This used to shock me. It can shock me up a bit. I only know that which I can do, not say.

So place yourself where you're really at. The natural state is effortless. We merely think and things drop into our experience.

The unnatural thing is to do it the hard, hard way. As you see yourself, you break yourself up into three parts. Your beingness, your mind, your body and world.

You, your beingness, is the real changeless you, over which you have no control. There's nothing you can do about it. You can only look away from it.

Your mind and your body constitute the ego you. The sense of separateness, I, lesser am, not the all. But when you zero in on your beingness, you discover there's only one beingness and you are the total beingness of the universe and that everything is in you

and everything you see, you created.

You created it in you. And if you don't like it, change the creation picture in your mind and it changes out there immediately. No matter what the situation is, if you change the picture of it in your mind, it changes out there immediately.

How do you change it? Release the obstacles, release the act fire.

[Speaker 8] (6:10:05 - 6:10:11)

And in checking yourself, notice the three states.

[Speaker 1] (6:10:14 - 6:28:54)

That in here in you all the time, being, doing and having. Now you're the infinite beingness of the universe, you are the all. There's nothing you need if you are the all.

But you go to the other extreme and say, oh, if I can only have this little piece of the universe, of one small planet and one tiny corner of it, I would be happy. The lowest, the most limited state is trying to have a piece, an infinitesimal piece of the all. And your havingness is really your bank book and your possessions.

That's how much you think you can have. When you release enough of the happy grief and fear, you begin in getting into lust, anger and so forth, you move into doingness. You feel that, oh, I could be somebody in this world, if I could be a big doer, if I could be a big mover, that would make me happy.

That gets you up from lust, anger, pride and into courageousness. And you're a doer. And 5% of us are doers, 95% of us are stuck in wanting to have.

A tiny, tiny fraction of 1% will move up into the top state of being. Of identifying with your beingness only. But you're going to be driven forever until you get up into that beingness.

That's what you're actually looking for in the wrong places. The right place is right where you are, right within you. It's your business, your existence, your amness, your beingness.

And when you identify with that beingness, you discover something that always was. I am the infinite beingness of the universe. There's nothing out there but my creation.

I can have thee or do whatever I will or desire. Having is your back's look at possessions. It's a sad picture, isn't it?

Everyone's down here trying to have. When you've already created the entire universe, there's an infinite number of tons of gold throughout the universe that you have created.

Helpful directions.

Constantly identify with your beingness. Say to yourself, I, I, I, I. I am I.

I am I. I, I, I. But be careful.

You're not thinking of the ego I. I am I. Play the part of being not the doer.

Let it happen. Stand back. Let it happen.

And wake up to the fact that all happiness is you being your beingness. That desire is your greatest enemy to happiness. Desire is the creation of the agony of lack.

And your mind stays agitated to fulfill that lack. And the moment you satisfy that desire, your mind goes quiet, and the happiness is you being you. It's not the thing.

It's not the person. Day in and day out, you beat yourself over your head trying to get happiness externally. And it's right where you are all the time, the infinite happiness.

Make it a point to take all your happiness from you. Recognize that I'm just quiet of mind. That's what, that's what my happiness is.

And you'll stop that frustrating extreme attempt to get it out there. And every time you get it, it's gone. Try to see everyone as being you.

Some day when you're at least enough, you say, oh my gosh, there's nothing out there but me. It's my beingness everywhere. At that time, you identify with every atom as being you, because you created it, it's your creation, it's you.

And real knowing is being. There's nothing to know, there's nothing external when you identify with your beingness. Let go of trying to acquire knowledge.

All knowledge is separate. The real knowledge is not knowledge, it's being. The real knowing is being your beingness.

The next big thing is you must take responsibility for everything you're experiencing, because you are creating everything you're experiencing. See, nothing out there but the sum total thinkingness, your sum total thinkingness. Until eventually you recognize there's nothing out there but my sum total thinkingness.

And you know there's nothing in actuality out there but your beingness. Then there's no more objectivity, there's nothing external, there's only subjectivity, everything is in me, there's nothing out there, everything is in me. Alright, here are the words that are indicative of the free state.

The one I like best is imperturbability, where no one and no person whatsoever can disturb you one eye open no matter what they say to you. And of course no thing can

disturb you. Fire, water, anything.

Imperturbability is indicative of the top state and for that you need desirelessness. No more desire, you are the all. And when you get there you discover no action is necessary.

Everything is yours. You don't have to take any action anymore. So action actionlessness is indicative of the top state.

And when you get there because you see your omnipresence you can't move anymore, you just witness. You witness your body like you witness every other body like a moving picture going on out there. A moving picture that is your creation.

So totally quiet the mind until there are no thoughts, no aglap. It's only your feelings that motivate thought. When you release all your aglap your mind goes quiet, there's no thought.

And then you become intuitive. You're in touch with your omniscience. You're in touch with all knowingness.

And you talk intuitively without thinking. And of course then you do not identify with your body and mind. You're identifying with your beingness only.

And when you release everything you have no attachments and you have no aversions whatsoever. Attachments and aversions are a good leading to aglap. And when you no more have any attachments or aversions you'll have everything but a mere effortless thought of it.

Now to get the bottom of the aglap out you won't get it out when you're in apathy, grief and fear. You're in the pits. You cut off all your energy, all your willpower, all your ability and you're sunk in a dunk.

Spelled D-U-N-G. If you want to get rid of the aglap you must get yourself up into courageousness, acceptance and peace. So you'll allow the infinite energy that you are, the tremendous willpower that is yours to come into play.

So you can get down here and gobble that up just like Pac-Man, D-A-C. You'll just come down and when you release enough of approval or control and you move up here you'll just gobble up the fear of dying, of wanting to survive as a body and when the fear of dying is out you're practically there. Free.

Nice and easy. Does it. Keep it simple.

I think a combination of the first sheet I gave you and this concentrated on can quickly take you all the way. What's needed? Just one simple thing.

You're wanting it. All your wants have to channel into wanting freedom and you'll get it in a matter of months. All your wants must channel into wanting freedom and the wanting of freedom dissolves on its own.

When you suddenly say oh my gosh I am free. I always was free. There goes the want to be free.

I'm questioning whether I should ask for questions because the moment I do you start trying to bring all this down. Why doesn't it fit in with my garbage? That's all your questioning is.

Why doesn't it fit in with my garbage? So I think it's better that I not answer questions but ask you to come up to this rather than through your mind going down into the garbage. It's simple and it's easy but if you don't do it it's never there.

How long should it take an infinite being to discover that he or she is infinite? How long should it take a person with all the power in the universe to discover that he or she has all the power in the universe? It should take any time theoretically but practically you can do it in months.

Or years. Or lifetimes. Or millennia.

Or millions of years. Now the majority of people on earth today are going to take millions of years. They're going to do it the hard way just by banging their heads on concrete walls and we're about to do it now.

And if you'll take it as an opportunity for growth instead of banging your head you'll do this you'll just transcend it. You won't experience any pain any harm any destructiveness. You'll take it as a very delightful opportunity to transcend it all.

You can not only walk over hot coals barefooted you can do anything. Because there's nothing out there but your concoction. So again keep it simple turn all your wanting into going free and join me.

Okay. You're getting closer to freedom. In a way you think but actually you are free right now.

What must you do to be free? Absolutely nothing. How do you like that?

Everything you're doing is in the wrong direction. Everything you're doing is trying to keep the body surviving. How do you get to the place where you do nothing?

Anybody know?

[Speaker 9] (6:28:58 - 6:28:59)

No.

[Speaker 1] (6:29:00 - 6:48:12)

How do you get there? By getting the mind quiet. The mind pushes you into action.

How do you get the mind quiet? By releasing the motivators of the mind the feelings. Thank you.

Isn't that easy? Isn't that simple? It's very easy and it's very simple.

But what are you doing? You're insisting on holding on to the limitations of wrongly thinking that you are the body. The body is the least of you.

Your beingness is the all of you and in your beingness you set up the mind which sets up the body. And as long as you are confined to a body that's how big your infinity concept of you is. You are infinite right now, unlimited.

If you think you're this body you take the tremendous unlimited being that you are and imagine that you're confined to this encasement called the body. So to go free to be unlimited requires doing absolutely nothing. Because you are free right now.

However, what you are doing is trying to remove the obstacles, the blinders to seeing that fact that you are your beingness. You are not the body, you are not the mind, you are your beingness. So I set up a chart here to delineate it so that you may better be able to see where it is you are on the elimination of the blinders.

And by so doing expedite the eliminating of the obstacles, the blinders, the thoughts, the mind, the feelings. I think identifying where you are is a big help to moving you on further. The one and only, number one, you are your beingness.

I don't think anyone would deny being. Number two, part of you, your mind, your programs and their thoughts. Of course, your programs are your feelings.

And number three, your mind says you are the body and related to the world and a victim of it. And it's actually your mind that creates the world. It's only in your mind that you see the world.

It's only in your mind that you see yourself as you are. It's only in your mind that you see all your relationships. Eliminate that.

Your beingness is left over. You become very self-obvious to yourself that I have always been my beingness deluded into thinking I was the mind body. So the number one is you the real changeless you that never ever changes.

Your beingness will never ever change. It's eternal. And two and three is the ego, you,

the personality, you, your name, your place in the world, et cetera, et cetera, et cetera.

So in this realm you develop three states. Being, doing, having in the world. Most of us are in the having in this state.

It says here having is your bank book and possessions. And you can see by those who keep getting more and more, ridiculously more and more and more. Now the only thing I can give those individuals who get up that far is more trouble because they're looking for the security in what they've got.

And instead of getting it more, they're actually feeling less secure because there are more and more others who want to take it away from them. However, if we are in the havingness, it's a forward step to move up to doing this, to be a doer, a winner, a master in the world. But much better than being a master in the world and being a victim of it, if you're mastering it, it's mastering you.

You identify with your being only, and that's the ultimate state. No one and no thing can ever disturb you again. You're free.

You're identifying with your beingness, and all that externality has no effect upon you. Imperturbability is a top free state. Now, to get there, you must have desirelessness because desire equals lack.

When you're at the top, you are the all. There is nothing lacking. There's nothing that could not be had by a mere effortless thought.

But as long as you desire, you want. As long as you want, you're lacking. And that's your program making it that way.

When you're at the top, everything happens effortlessly. Effortlessness is another word that describes the top state. In this world, your whole life should just drop into your lap with no effort.

And when you're in that state, you feel actionless because you are witnessing rather than being the doer, you are watching, seeing everything happening and you need to do nothing. It happens. It falls into your lap.

And the same way you create one dollar is the exact same way you create one billion dollars. It's only thought. So you can see the extreme negative programs you have imposed upon yourself that keeps you struggling in a world so unnecessarily.

So what do you have to do? Totally quiet the mind until there are no thoughts. What does that feel like?

It just comes from your intuition. It comes from your center. You no more use your mind which is a limitation but you can communicate and you do communicate perfectly.

When you're coming from your intuition you're always one hundred percent correct. Always one hundred percent correct when you're coming from your intuition because you're coming from your beingness which is all knowing all powerful all perfect. So when there are no thoughts you're intuitive only.

You are not using the mind. You have dropped the mind and you do not identify with your body or mind. Because you see that you are the body all coming down a step because you see that you are the creator of everything you see and experience including this whole world including the universe is your creation.

It's in your mind and that's where it is. Because you create the universe and separate it into so many parts and then think you're the body mind you develop attachments and aversions to the body mind world. So in the free state you have no attachments and no aversions.

Everything is a okay all the time as you're moving in the world. You can go through your business you can go through your family relationships and when you have no attachments and no aversions you're imperturbable. And of course you recognize you have everything.

Why? It's your creation. It's your mentation.

Again you've lost sight of that. You're in a long time terrible habit of thinking you're limited and all you need to do is to get rid of only three feelings which you're not doing nearly fast enough. You're doing it but not nearly fast enough.

How long should it take you to get rid of all your wanting approval and control? It takes exactly as long as you make it take. If you wanted to rid yourself of approval and control you would do it in weeks at most months.

And when that's out of the way you're able to confront the bottom line the fear of dying which is that severe attachment to the body. And it's only a matter of weeks of letting the fear of dying up and letting it out that all that suppressed programming is gone and with no more suppressed programming you naturally identify with your beingness So again what's needed it's so simple rid yourself of the fear of dying and you're free. But you need to rid yourself of wanting approval and control before that.

Until you release appreciably on approval or control you won't be able to confront your fear of dying. It's so deep it's so heavy inside of you and instead of scratching for little things here and there you will have everything. Try to be and act as though you're in that top state.

Constantly identify with your beingness are you? How many times a day do you keep saying I am? But all day long you're saying I'm this frail body.

I am my beingness should be the 24 hour a day sense feeling in you. And when you're there it's a sense of I beingness it's just an I there I I I I not I less or body mine just I I When you're at the top you have a sense of I I only if you try to play at that now it will help you move in that direction. And when you're up there you're not the door so try to be not the door Let the world happen, it'll do much better than you will do with it, if you let it happen.

And there's only one single happiness in this universe, it's when you are identifying and being your beingness. So, in your behavior, make it a habit to take all your happiness from you. It isn't the movie, the TV, the person, the object that makes you happy.

It's when you let go of your desire for it, and your mind goes quiet, and you identify with your beingness, that you feel joy. Once you catch that point, you'll stop wasting time looking for joy in the world. All it does is give you misery.

The only joy there is, is when you're identifying with your beingness. How many people have not seen that yet, that there's one single joy, it's your beingness?

[Speaker 8] (6:48:14 - 6:48:16)

If I saw it, I'd be up here with you.

[Speaker 1] (6:48:16 - 6:49:20)

No, you can see it, and then not see it. When you get quiet, you can see it. You're in your highest state, there's nothing you have to do to be your beingness, and it's the greatest joy there is.

But haven't you seen that, when you satisfy a desire, your mind goes quiet, and you're being, and that's the joy? You haven't seen that? No, I've seen my beingness, I've seen the joy, but I never quite see it as a desire being satisfied.

I know the mind goes quiet, but I don't see it as a... I'll get more practical. What's the greatest quieter of your mind?

The orgasm.

[Speaker 10] (6:49:36 - 6:49:42)

What about it? Am I correct?

[Speaker 1] (6:49:42 - 6:49:43)

You're correct.

[Speaker 11] (6:49:43 - 6:49:47)

Are you thinking about the world problems during the orgasm?

[Speaker 10] (6:49:47 - 6:49:47)

No.

[Speaker 11] (6:49:48 - 6:49:54)

How are you going to make a living, though? You're not thinking.

[Speaker 1] (6:49:56 - 6:52:28)

It quiets the greatest number of unsatisfied desires, and gives you the greatest quietude of your mind, and you're just being. Am I making sense to you? Yes, yes.

Why not just be all the time, instead of creating a lack, desire, satisfying it to get a moment's joy out of the basic joy that is you, your beingness? I still say it's simple and easy. What's difficult is trying to get it where you cannot in the world.

That's difficult. It's so difficult, it's impossible. It keeps you scratching, struggling, fighting day in and day out, never winning.

No one ever wins in the world. Everyone draws a blank, everyone dies. Until they let go of looking for it in the world, and discover that it's right where they are, right at their center all the time.

Now, the top state is not understanding, the top state is not knowing, the top state is being. There are so many metaphysical paths that tell you to get understanding. You'll be stood under until you let go of that concept.

There's no understanding at the top. There's being. Understanding is in the realm of the world, of limitation.

So the real knowing is not knowing, it's being.

[Speaker 8] (6:52:32 - 6:52:34)

See how simple this whole thing is?

[Speaker 1] (6:52:37 - 6:54:49)

So, when are you going to be the free being that you are right now, recognizable to you? When? When are you going to achieve letting go of all the obstacles to being the unlimited being that you are right now?

What's going to determine it? What determines when you go free? Your want to.

When you want freedom more than anything else in the world, you'll get it pronto. So

you won't tell me you want freedom with a yes but. I've got to take the bondages with me.

And the two do not coincide. Okay, so the next best thing is to cater to your wants. We need advanced courses to keep pulling up from suppressed areas the blinders, the feelings, the programs.

It's a very good deep realization that resistance holds you back. Now resistance turns out to be that mechanism of holding the suppressed garbage suppressed. If you could throw your resistance out, all the suppressed feelings would come up and expend themselves and you would be free.

[Speaker 2] (6:54:51 - 6:54:56)

When your resistance is zero, you are free.

[Speaker 1] (6:55:04 - 6:56:16)

So don't fight the world. Let it be. Everything everyone is chasing after in the world is chasing rainbows.

And you know what that means. You try to grab a hold of a rainbow and you've got an empty hand. It's just chasing rainbows.

Looking for things in the world. Because everything there is is in you now. So again you've got to let go of your feelings.

Approval, control, security. When your feelings are up and out, your mind is naturally quiet. And you're self-obvious to yourself as to the fact that you are whole, complete, perfect, eternal.

Are there any other questions?

[Speaker 8] (6:56:21 - 6:56:35)

Yeah, just sort of similar to Laura's question. But in writing music or something, where is the ego in that? It seems like you're just sitting back and...

[Speaker 2] (6:56:37 - 6:56:38)

Let it flow out of you.

[Speaker 1] (6:56:41 - 6:56:45)

Don't be Ralph the Composer. Just be your beingness.

[Speaker 2] (6:56:46 - 6:56:48)

What would be after this?

[Speaker 1] (6:56:50 - 6:56:56)

You'll write the greatest music. You'll out Armadeus the Armadillo.

[Speaker 8] (6:57:03 - 6:57:05)

Write an opera overnight, I guess.

[Speaker 11] (6:57:06 - 6:57:09)

At the age... He started at four.

[Speaker 1] (6:57:10 - 6:57:31)

Next time you start at the age one. No. No.

But all that greatness comes from our center. But recognize it as such. Then you can transcend it.

[Speaker 3] (6:57:32 - 6:57:42)

Do you mean then recognizing it as such and using whatever you're creating to bring up feelings to let them go? Yes.

[Speaker 11] (6:57:42 - 6:57:43)

Oh, good. I'm excused.

[Speaker 3] (6:57:45 - 6:57:57)

I get stuck there. I don't do things because I get confused between just being and a lot of things.

[Speaker 1] (6:57:57 - 6:58:53)

If you're not confused, you're free. However, you have a map to take you all the way in six steps. Anyone using the six steps continuously will go free in a matter of a month or two or three.

So what's out is your want to. When you want freedom more than anything else, you'll carry out those six steps. You would carry out those six steps without me ever mentioning it to you.

You do it naturally if you wanted freedom more than you want things in the world.

[Speaker 3] (6:58:54 - 6:59:03)

That's what you mean by using the world?

[Speaker 1] (6:59:03 - 6:59:17)

Yes. You use the world to bring up the feelings so you can let them go. Therefore, it's only through the world that you transcend it.

[Speaker 4] (6:59:18 - 6:59:22)

That's why the higher goals you go for will just stir up more and more.

[Speaker 1] (6:59:24 - 7:00:08)

So it's really good to go after higher things to stir up the more feelings. It's good to release on your goals. Not to go after them, but to get up the blocking feelings so you can release the feelings.

The way you put it, it was good to go after the goal. It's good to release your feelings about the goal. Yes.

[Speaker 3] (7:00:11 - 7:00:12)

Tom?

[Speaker 2] (7:00:14 - 7:00:47)

There's something I noticed that happened. Not to me. I found myself caught up in the ego part of our thing.

It's confusing. I don't know where it should be in my life and if I should even continue it or anything. The only thing I can come up with is to use it.

If I do it, to use it or release it. That's it. That's what this is all about.

[Speaker 1] (7:00:49 - 7:05:02)

Use everything for releasing. Summed up, every last thing you do in your life is a waste of time except releasing. So if you're not releasing, you're wasting your time.

But if you're doing it and releasing, you're not wasting your time. So you do it and release. Everything you're chasing after in the world will disappear like a rainbow.

But the freedom you gain is eternal. This is what Patrick O'Neill put. His world hasn't stopped.

He's getting better commercials, better parts without effort because he's releasing. It's funny, I said to him right outside here Pat, you can be the number one actor in the world. You know, he's not a child anymore.

I don't know how old he is, but he's on in years. It's a funny thing to say to him at this late stage of the game that he could become the number one actor. But he bought it.

And I guess he's gonna let it happen instead of trying to force it to happen. And who knows, maybe he'll go beyond that and not have to do that. Do you see the great ones looking for parts in Hollywood?

And so what I'm saying is that you've gotta reach a place where you let go of the world. You use it to transcend it, you get above it. That's why you wouldn't find Yogananda and Jesus and Buddha looking for a job in Hollywood.

Digging for oil to get more and more materiality. They're above materiality. There's a place.

Someday you'll discover it. Everyone hits it sooner or later. There's a place beyond this world which you see when they achieve it they let go of the world and their total materiality is just the dress that they're wearing at the moment because where they are living is beyond the world not in its subject to its limitations.

And the higher, the freer you go the less the incentive to go all the way because things get better and better and better. Are there any other questions? I have one.

What determines when? The want to.

[Speaker 8] (7:05:05 - 7:05:19)

The want for the joy in the world the want for the truth supplies the energy allowing what's there to come up easily rather than having to dig or effort first.

[Speaker 1] (7:05:19 - 7:05:41)

Yeah. Have you discovered that when you release you're happier? What's wrong with that?

What's wrong with making that constant? Nothing. Why don't you do it?

Ask yourself, why don't I make it constant and go all the way in a matter of weeks?

[Speaker 10] (7:05:44 - 7:05:47)

The answer is you don't want it.

[Speaker 8] (7:05:47 - 7:05:59)

You want the world the sense of having a mission to fight against the negativity. It's like the negativity was there and that gave me a sense of purpose.

[Speaker 1] (7:06:04 - 7:08:44)

But asking yourself why don't I go all the way might give you the realization of why you're holding yourself back wanting misery more than the ultimate joy. How long should it take you to do a three month job? You ever ask yourself that question?

You know what the answer is now you just gave it to me. You know the Bible sums it up in two sentences and I think both sentences are capitalized in the Bible. The first is I am that I am meaning I am the amness of the universe I am the beingness of the universe.

The second sentence is be still and know that I am God. If you can get your mind quiet you know that. And what I'm intimating is that the truth has been put out from the beginning of time in our time I would say in the last thousands of years the truth has been spoken and certain ones have told us what to do and we haven't done it.

So what are we doing? We're going to do it. We're going to knock out our external props which leads one direction only that is to go within and discover what we are.

But that's the hard way. I say do it before you don't have to do it the hard way but I really don't know anyone who's done it the easy way.

[Speaker 4] (7:08:57 - 7:09:17)

So I expect to see people going free in large numbers in the next decade Don't save these things it's just holding it in mind.

[Speaker 1] (7:09:20 - 7:11:15)

It's a waste of time. Can you see that? It's a total waste of time trying to make the world a good world.

Making the world a good world is substituting the present iron chains that are binding us for nice golden chains that bind us. A good world would be a binder on us but golden chains instead of iron chains That's a waste of time. It's in the wrong direction.

Transcending the world is the right direction. Everything of the world is of limitation. So just discover what you are and you'll have the ultimate answer.

And when you discover what you are and get the answer after that all answers come to you immediately. Once you get the answer, every other answer falls into line without effort after that. Makes the world a pushover.

You had a question?

[Speaker 6] (7:11:20 - 7:11:20)

Yes?

[Speaker 2] (7:11:22 - 7:11:29)

Where is prayer? Where is prayer?

[Speaker 1] (7:11:30 - 7:18:13)

Prayer is for those who are ignorant enough to think that I have to go outside of myself to get something that's within me. The infinite beingness of the universe called God is the infinite beingness which is your beingness. In the sense that you're submitting a bit of your ego it can be helpful.

In the sense that it keeps you in the direction of going free it could be helpful. But someday you'll see that all the great ones existed in your mind. That all the great ones are your creation.

It's in your mind that you see me, yourself, everyday the great ones. Walk the mind out it's all gone. What's left over is beingness.

Not being confined to a body. I guess I wouldn't be very popular in the realm of organized religion. Religion in general is in the direction from the bottom.

Religion tries to inspire us and get us above the garbage and it's not helpful. I think they would be better off if they pushed us into the garbage and made us so uncomfortable we would have to release. But inspiration I don't see as helpful because it lifts you above your garbage without showing you how to get rid of it.

And when you see what is, there's no spiritual material it's all one and the same thing. It's a matter of degree of the same thing. Everything that people call material is actually spiritual.

It's creation to the degree that we create and that's spiritual, that isn't material. Separation is not a good direction. Unifying everything is better.

So separating spiritual material physical, mental and all that isn't helpful if one wants to discover one's freedom. But if you want to pray that's up to you. So I sum it up by saying why pray for it?

Create it. Make it. It's a higher place.

You can have, be and do whatever you will or desire if you'll release the blocks the feelings. That's the way to go for it. Basically we're all unlimited totally free beings who have convinced ourselves that we are extremely limited physical bodies.

But I say we have never ever been able to let go of this infinite being that we are that right here and now There are no limitations upon us except those that we accept. Now most of us here have been seeking this total free state this unlimited state and I believe

are quite frustrated by now not having found it and I pointed out at Sebastian's home that the reason for this is simply that we do not want it as much as we want this limited state of living life as we are living it. We are convinced that our happiness lies in this world in this body in what we're doing.

Now this is very obvious if you will look at your way of life. What do you do every day? You take care of a body you wake it up in the morning, you dress it, you wash it you comb it you send it out into a place where it will produce a certain thing called money so that you can get other things for the body to keep it alive and to send it off on vacations and so forth.

[Speaker 11] (7:18:15 - 7:18:16)

It's true.

[Speaker 1] (7:18:20 - 7:26:25)

Now if you were not convinced that all this was the important thing you wouldn't be doing it. I'm trying to point up to you, I'm trying to mirror back to you what you're doing. You're almost all the time saying I am a body I cannot survive unless I breathe oxygen unless I put material called food into the body, ferment it, decay it there unless I produce garbage I cannot have any energy and this goes on and on and on and on and you meet with me or people like me and you say I want to be free I want that unlimited state of beingness I want to have anything I want for the mere thought of it you say that but what do you do the next moment you go right to that body and keep it going the way you have been keeping it going year in year out lifetime in lifetime out now until you confront this you're not going to stop identifying with this very limited frail thing called a body ways of confronting it are like what I'm doing I'm showing you what you're doing every day almost every moment of the day you're validating your being a body how much of the 24 hours a day do you just sit and be what you really are which is simply your beingness only it's not being a body it's not being a mind it's just being and if you would for one minute stop being a body mind for that minute you would see that you have no limits whatsoever that you are totally free that your beingness is the most grandiose the grandest the most glorious thing there is if you were to do that for one minute only you would never ever let go until you establish that for all time if you were to do it for a few seconds again you would never let go until you establish that permanently what you do is you get a very fleeting glance of it a glimpse of it you practically glance might be the right word you look at it almost sideways for fear you'll see it too well and you sense that it most likely is the way you hear that it is and then you say I want it, I want it, I want it and you look for it but for a small percentage of the time of the day the greatest amount of time you spend is identifying with the body being a very limited body mind is this clear as to how much you identify with being this thing now if you're ever going to see the truth you must stop identifying with the body stop

identifying with the mind and examine your beingness which is the part of you that is what you're seeking in your every act anyway and you call it happiness and you'll discover sometime that happiness is only you being you that the more you will be only you the happier you are it's a process of stilling the mind which is a distraction away from you being you the mind is an instrument used to identify you with other than what you are with the mind you identify with the body with the world you've got to let go of this constancy the continuity of identification with a body world relationship and if you do it just for a few seconds from that point on the wonderfulness of it would be so intense with you you'd never forget it you would spend most of your time reestablishing that state in order to make it constant so to sum up what I said the reason why you don't recognize you as being limitless is because every moment you're identifying with this limited vehicle called the body and you're not confronting it so what I'm suggesting is that you start confronting this like I presented it to you how every moment of the day you're validating being this body look at that, look at similar things and then subconscious thoughts will start coming up in this direction that have you pegged to this body and when these subconscious thoughts come up they're in the conscious plane you can do something about it, you can let them go you'll undo enough of them in this manner to be free enough to begin to see the essence of you which is your beingness okay all right now if any of you have any questions or any topics you would like to hear spoken on I'd be very happy to go into anything

[Speaker 2] (7:26:27 - 7:26:42)

I'd like to ask I think I've asked this before and I still don't quite get it how can you do this when you're bogged down with all of this body mind activity that we're doing the phone ringing and problems and all that stuff

[Speaker 1] (7:26:42 - 7:30:27)

there's two ways the way most people do it is first they get so fed up see now life necessitates misery there is no one living life who doesn't suffer right will you go along with me on that the more we try to get our satisfaction from life itself, livingness the less happy we become as time goes on desire can never be satisfied if we could satisfy desire we'd have everything once we would be satisfied, we wouldn't want it anymore right but desire, trying to satisfy desire intensifies it and as time goes on the intensity gets greater and greater and the suffering gets greater and greater and we will all reach a point where we can't take it anymore and we say enough of this and we start moving away from identifying with life and the body we start looking for the answers what I'm saying is that misery is a prod to looking in the right direction then we'll stop chasing after it in the world we won't be so busy, we'll take time away from the world, first maybe an hour a day then an hour in the morning and an hour at night then several hours, then half a day and then you'll take all day once you're convinced that it is more important than your daily life you'll let the daily life go but the fact that you have to do all these things

shows that you think that's more important it's more important being a body and being active in the world than it is to take time out to discover your real self so the first thing that causes us to seek is misery then later on the wonderfulness of discovering ourself causes us to really let go of the world and go all out then you discover you can have anything you want for the mere thought of it then you discover there's much more to life than things and you don't want anything in this world there's so much greater beyond the physical that you go for that rather than the things of the world you're so habituated into this world because the world re-stimulates every one of us subconsciously into believing that it is real that we need it, that we have to get our joy from it and we will reactively seek satisfaction from the world and it will never ever satisfy us

[Speaker 4] (7:30:30 - 7:30:44)

you said you could do it spend some time at work do you mean by quietly taking time or do you mean by thinking properly

[Speaker 1] (7:30:44 - 7:31:46)

you can always be seeking who and what you are by always keeping that in the background of your mind regardless of what you're doing if the desire for it is strong enough the quest will always be there in the background regardless of what you're doing so it boils down to a matter of how much do I want this the intensity of the desire for it determines the quickness of getting it and no one can turn that desire on for us but we we have to do it, no one can do it for us

[Speaker 2] (7:31:51 - 7:32:20)

you know Lester I think the reason why a lot of people don't do it also is because they're scared on the final plunge you know when we spoke about that it suddenly occurred to me also part of the dream that I just now remembered was that I was scared to go to the ocean I thought to myself I'm going to stay in the pool you know in other words go to the safety of my family I'm going to take the plunge into the unknown

[Speaker 1] (7:32:20 - 7:32:24)

yeah people are afraid they're going to lose the body if they discover the truth

[Speaker 2] (7:32:24 - 7:32:30)

is that what it is you're afraid of the body, losing the body so that's really proof that there are other bodies

[Speaker 1] (7:32:32 - 7:32:35)

you're afraid you'll lose your identity with the body

[Speaker 10] (7:32:36 - 7:32:37)

how do you know that?

[Speaker 1] (7:32:38 - 7:32:52)

well I tell you, you don't lose it, all the masters say so all those who have done it say so they have shown you their bodies you've met masters they didn't disappear they had the body

[Speaker 4] (7:32:55 - 7:32:58)

don't we tend to be afraid of the unknown

[Speaker 10] (7:32:59 - 7:33:01)

yes it's not unknown

[Speaker 7] (7:33:03 - 7:33:10)

it is to us until we reach it right but until we realize this

[Speaker 1] (7:33:10 - 7:34:02)

the absolute truth of you is the I that you are when you say I the infinite being with nothing added to it that's the absolute truth of you if you would look at that fully you'd see what it is but every moment you look away from it you say I the infinite being am a limited body and you're saying this every moment a limited body with troubles this trouble, that trouble goes on and on it's like a plague when there's nothing but I that's the state that's the top state, when there's nothing but I

[Speaker 6] (7:34:04 - 7:34:07)

and I, I, is that maybe the I or the I of the ego

[Speaker 1] (7:34:09 - 7:34:56)

there's nothing but I, I, I, I I, I, I, I, I I, I, I, I, I nobody, nobody, nobody, nobody so the I, I when there's nothing but the I state that is the top state like Vivekananda said in the end you discover that there never was anything but I all alone one so you can show yourself how far away you are from the ultimate state by thinking on that point

[Speaker 11] (7:34:56 - 7:35:10)

when you reach the stage where you recognize that it is I all alone does that mean other I's all alone do not exist or only that you are not aware of others all alone

[Speaker 1] (7:35:10 - 7:39:08)

now you see, first you see every body as your body you'll see this body as much your body as you'll see that body being your body, every body becomes your body then every animal every bit of life is you then every atom in this universe is you so this is just the way you see it as you now see it separate you suddenly look at it and say wow it is I, every bit of it you'll see this whole thing as you because it's only in your mind this whole thing you've created everything you see the whole universe and when you see it it is you then there's a step beyond that when you see that it's an illusion, an apparency the step beyond that is that never was just like a night dream when you're in it there's a character called you and other characters there's worlds and action going on as long as we stay asleep it's real to us after we awaken from the dream we say it was just a dream then that never was would you think of going back to those characters in your dream last night and trying to straighten them out this is what I'm trying to do now this is the way I see it nothing needs correction everything is all perfect when you see it correctly but I am in a dream now trying to straighten out those characters who think they need straightening out and they don't you are you, you can't change that but you can't pretend not to be what you are this whole thing is a pretense does that make sense?

only to the point that I can follow there's I and when I become myself does that mean that nobody else but me exists because I was everything all along the final thing you see is there never was anything but I all alone and I chopped me up into a unlimited number of characters I imagined that they were why? there is no answer to that really and what I should say to you is go there and see why did you create those characters in your dream last night set up relationships and if it was a nightmare almost get killed why did you have that last night in your dream not because I chose to who did it? it was your dream did I make you dream your dream?

it was your dream, but why did you do that there really is no answer to it

[Speaker 2] (7:39:09 - 7:39:10)

you know there is something interesting

[Speaker 1] (7:39:10 - 7:41:49)

if you examine the word why it's a very interesting and enlightening word the word why says this, you ask me why you ask me to explain what I know in terms of what you know and that's impossible to explain this higher knowledge in terms of lower understanding this higher knowledge we have to move up to it, it can never come down to us we move up to it and we see it and then we know and we know we know so the question why is really a meaningless question and can't be really answered in the dream illusion in the apparency, yes, you can answer why but in the field that we're in, it's a meaningless word it's saying explain to me in terms that I can understand what this higher understanding is that you're talking about and it's impossible so the only thing you can do is go there see it for yourself and then you'll know but this world is nothing but a

dream it's exactly as real as our night dreams are real, after we awaken from this dream as long as we stay asleep in it as we are it seems real why don't we who are all infinite beings who have all the power there is in the universe behind us know that we are that way why don't you know that you're infinite you've heard it again and again and again you're inherently totally free perfect all glorious, all everything you've heard it some of you for years why don't you see it why don't you see it

[Speaker 4] (7:41:49 - 7:41:53)

I know I know

[Speaker 1] (7:42:01 - 7:51:40)

isn't it ridiculous isn't it stupid why do infinite beings like you come to hear another being talk to you because in the first place you do not believe that you are you will not accept that you are you think yes it sounds nice but, there's always a but, but, but, but going on and this but is butting you down all the time if you only wouldn't but it if you would only accept it from that moment on you would put all your effort all your energy into seeing this terrific being that you are I say you don't want it you tell me you do and this is the important point you don't want it and until you face up to this, until you confront it you can go on forever and ever in a year more saying oh this is what I want I'm on the path, I'm seeking freedom and you can do this lifetime in and lifetime out forever until you will actually accept the concept intellectually that I am infinite and therefore it is ridiculous and stupid to live the way people live in this world you happen to be in the, I guess the helliest hell there is in the universe and fortunately so at the same time we're living in almost the most limited state possible until beings anywhere in the universe we could go down lower we could become animals and animals are beings who also eventually discover their limitlessness but isn't it stupidly stupid to live a life with the extremists of limitations if you believe that your natural state is infinite this is why I say you don't really believe but there are no bounds on you and you prefer to be an extremely limited physical body to be cherished to be well I don't want to get you women angry with me but I was going to tell you what you do you know what you do all the time and the men are not far behind you they're very vain we put on nice clothes we dress ourselves we scrub the body and we paint it in the morning and men do these things too and we clip the lesser life part of it and then we take it off to work why so you can maintain that extremely limited state of needing food and clothing in order to survive working is only a concept of limitation I must work in order to live if we had the conviction that I must sleep 8 hours a day in order to live and survive that's the way it would be you would just sleep and everything would come your way because whether you like it or not you're unlimited beings whatever the mind holds becomes so the mind is only a creator the only creator in the universe is you you think things happen and you're happening everything you're meeting with every day you have established this extremely limited state of being that's called a physical body and you're holding on to it for dear life I'm

trying to point up to you that you really don't want to be this unlimited being you really don't want to be totally free you want to have this limitation and you want the limitation to be nice delightful entertaining and it just can't be and you struggle your entire life trying to make it so and you struggle and you die and you have a vacation on the other side where you're far better able to think and immediately have things happen and then you come back into a physical body and you keep working through this physical body until you're able to free yourself from the physical body while you're in the physical body you can never get free of it anywhere else but from within it so the thing to do is to recognize how much you don't want this state of freedom it's the first thing you must do you've got to confront it because if you really wanted it it would take you weeks maybe months to become totally free to become omnipotent omniscient, omnipresent so I've answered the question the reason why you don't get it is that you don't want it alright now you're going to say to me but I do want it and I'll say yes you tell me that but you don't show me that you say you want to be totally free you don't want to be this limited vehicle and the next moment proceed to be this limited vehicle the next moment and every moment it's very rare that you don't think I am this body and being this body confines you to it change the temperature 40 degrees it dies give it a chemical code of poison it dies, don't give it oxygen it dies why do we want to be this terribly limited thing you've got to confront these things before you ever let go of it are there any questions on this point I think it's a very powerful point if you will get to see what I'm presenting to you it will only be a matter of weeks or months before you can and will be what you really are totally free, limitless

[Speaker 4] (7:51:41 - 7:51:54)

isn't it fear fear of being known or is it a feeling that you don't deserve it

[Speaker 1] (7:52:01 - 7:57:55)

if you're asking me I would say it's a conviction that I am a body that does it and therefore if I am a body anything can hurt it, therefore I'm very fearful somebody might hit me with a car or I might eat the wrong food or a little cool breeze might come on me and do away with me it's a conviction that you're the body that makes you fearful now beingness has no form no action it's a static it's changeless and yet this is the thing you're holding on to when you say survival it's the I continuing that beingness is the infinity but when it tries to be a limited vehicle and keeps its attention on the limited vehicle it thinks it's that limited vehicle all the time and this is what we're doing we're looking at this body every moment saying that this body is I it's very simple and what I'm suggesting is let it go and concentrate on discovering yourself if you would put your attention only on yourself you would very quickly discover it weeks, months, that's all anyone can do it and the reason why we don't do it is because we don't believe it we don't accept it we hear it, we say yeah, yeah and then the next moment we go all out in being a very limited vehicle called the body to help you not fear so much I can tell you

you don't lose the body after realization Christ had a body Jesus walked around he had full realization in fact he had it before he was born when you get realization you don't lose the body you lose your concepts of limitation of being only a body in place of it you first see that you are everybody then you see that you are everything then every atom and then in the ultimate you see that you are all beingness and that all energy and matter was an illusion a fiction that you created and set up and after that you look at your own body the same way you look at other bodies objectively and the body can never again disturb you it can never again disturb the deep, wonderful profound peace that you are so you don't disappear upon realizing who and what you are you don't lose a body first you gain every other body in the universe so I'm trying to bait you now since you love the body so much be a million bodies and when you are a million bodies you're close to seeing your ultimate state of pure beingness but I hope I'm leaving you with a provocation I'm trying to provoke you into looking at yourself and recognizing that you really don't want this infinite being that you are but you really want to play as though you're a limited body and therefore you're not quickly discovering who and what you are if there are any questions I'd be very happy to help you if I can how did you arrive at the

[Speaker 4] (7:57:55 - 7:57:58)

fact that we have to

[Speaker 5] (7:57:58 - 7:58:04)

gain realization in the body why can't we just die and be realized

[Speaker 1] (7:58:06 - 7:58:55)

because as long as you are a body you have very strong convictions that you are a body and you're holding it in your mind and you'll always be a body again and again and again until you let go of the desire to be a body so it's while you're in the physical body that you have to let go of all desire to be a physical body now that word desire is a very powerful word the only reason why we have bodies is because we desire them the only reason why we are limited in any way is because we desire limitations become desireless and you're unlimited

[Speaker 3] (7:59:01 - 7:59:09)

is it all that we can conceive like we conceive we have to have a body because we always had one

[Speaker 1] (7:59:10 - 8:01:59)

it's a matter of choice whether you face it or not you've chosen to be a body if you will dig within you you will discover this the real culprit is the thing called the unconscious mind the unconscious mind is a storage closet of thoughts we create thoughts we put

them back in the subconscious and then we say we act as though they are not there every subconscious thought is just as active as any conscious thought is but we have created this mechanism of subconscious thinking and the subconscious thoughts are only the conscious thoughts that we're not looking at this moment and right now there's millions of thoughts going on in your mind you bring to consciousness a few of them at a time but all those millions back there are active and this is the greatest difficulty it was a very handy mechanism in the beginning it was an automatic pilot when we became more and more involved with thoughts we put them on automatic and stopped looking at them and we are now running on automatic called the subconscious mind and this is your greatest difficulty if you could make the subconscious conscious right now you would be realized because you would see all this limitation that you set in motion in the past that is now continuing invisible to you all and by making it visible naturally you're going to drop all the limitation keep your attention focused on you if you would do this only for weeks or months you'd get full realization I say only which means not stopping it and looking at I am a body with problems it would be very quick

[Speaker 8] (8:01:59 - 8:02:08)

are there degrees of self-realization

[Speaker 1] (8:02:09 - 8:02:19)

no there are degrees of letting go of self-imposed limitations

[Speaker 8] (8:02:19 - 8:02:38)

if one were not self-realized because he was holding on to self-imposed limitations then he becomes self-realized by letting go of them

[Speaker 1] (8:02:39 - 8:03:40)

you see you're self-realized here and now holding on to concepts of I am not realized so there is no growth into the unlimited state that is there is an apparent growth of letting go of the self-imposed limitations letting go of self-imposed limitations you'll never ever be satisfied living life in the world or in any other world or in the heavens there are heavens on top of heavens on top of heavens we happen to be in the hell realm of the heavens and you'll never ever be satisfied until you go to the ultimate

[Speaker 4] (8:03:42 - 8:03:50)

how can we know realize where we are if you can't know what you can only be

[Speaker 1] (8:03:52 - 8:04:44)

by being it you'll know it see now it's just semantics when you realize you see no otherness there is only I or alone it's a point of view that you will have that will be just

that way even though that apparency of a body will be moving around on an apparent earth it's talking to apparent other bodies but you'll know it as an apparency as an illusion and you will see only oneness but again it has to be experienced yet you can experience beingness

[Speaker 4] (8:04:49 - 8:04:52)

but doesn't it get boring after a while

[Speaker 1] (8:04:54 - 8:06:00)

no it's what everyone wants more than anything else in the world it is the most satisfying it's the greatest satiation possible you're looking for it all the time you're asking me who will be boring you're seeking it in everything you do your every act is seeking this you'd be surprised how simple everything is that seems to be complicated once you see the truth if we wanted the ultimate truth as much as we want to be a body we would have it in a matter of days that's how simple it is

[Speaker 12] (8:06:02 - 8:07:23)

in 1952 a physicist by the name of Lester Levenson discovered a way to free himself from all limitation prior to that time he had been very successful but he suffered from the physical and emotional ills that so often accompany worldly success but since his discovery he's enjoyed perfect health, peace and happiness right up to this day his peace and joy are very evident to those who know him his mastery of life has become legendary and his compassion for others has led him to help many people toward achieving the same peace and happiness that he enjoys between 1964 and 1972 Lester spoke to many groups some of whom recorded his talks this special cassette program includes 11 of those talks the delivery style of the talks is deliberate by the time these talks were recorded Lester had learned to speak in a manner that would draw attention not to him but to his message as you listen to his message and begin applying it in your everyday life you will discover it to have a quality and power well beyond even your highest expectations the title of this first session is The Ultimate Goal it was recorded September 28th, 1964

[Speaker 1] (8:07:26 - 8:28:57)

the thing that every one of us is looking for in this world is exactly the same thing and what is it that we're all looking for happiness with no sorrow a continuous happiness with no taint whatsoever of sorrow all right, this being the goal why is this the goal the reason why this is the goal is because unlimited happiness is our very basic nature this is the real natural state before we encumber it with limitations now why is it that most of us don't have this continuous happiness with no sorrow there's only one reason being this infinite being with infinite happiness we do away with this joy this happiness by saying

first I am an individual then I have a mind then with this mind which is nothing but thoughts we start accumulating thoughts of limitation I have a limited mind, body with all sorts of trouble in this manner we take our unlimited beingness and we limit it to the extreme now the only real purpose of being here on this earth is to learn or to remember our original natural state of no limitation once we are led to seeing that this is our natural state then we proceed to let go of all the limitations the prime number one limitation is I am an individual separate from the all eliminate that and you eliminate all trouble all limitation, all sickness all poverty saying that on the opposite side is saying let go and let God it is not I but the Father who worketh through me we must let go of the ego sense and just allow our natural being just to be and that everything falls perfectly into line now this is all very very simple if you want complexity you'll never see simplicity but this must first be accepted once this is accepted as the overall way we do not find it easy to accomplish it we don't find it easy because of past habits that have been established over thousands and thousands of years and for some silly reason we like these past habits of trouble and so we continue them we do it the manner that we refuse to look at we call it unconscious behavior unconscious or subconscious we go on and on and on repeating all this behavior of limitation automatically calling it unconscious now the unconscious mind is only that part of the mind we refuse to look at when our desire is strong enough we will dig up this unconscious habit and begin to let go of it there is no growing into the natural being that we are that being is perfect here and now there is only letting go of concepts to the contrary that we have troubles we have limitations anyone who says I have trouble is just in their mind that's the only place where it is because you can't see anything anywhere else but in your mind whatever you look at whatever you hear whatever you sense is through your mind that's where everything is change your mind and everything out there changes change your thinkingness and you change the world for you so the way the path is simple the method of undoing it is not easy because of past habits we need a very strong desire to begin to let go of these wrong habits from the past without the desire there is no growth this desire must be stronger than the desire to make this world real rather than it's a fiction of our imagination it really is a fiction when you see the truth it turns out to be a dream that never was but first you'll see it as a dream then you'll see that this dream never was exactly as happens in a night dream while we're in a night dream we have a body, there are other bodies there's action, interaction, there's good and there's bad and so long as we remain in that night dream everything there is real to us when we awaken from a night dream we say my gosh it was just a dream it never happened and exactly the same way we awaken from this dream called the waking state we see that it was only a fiction of our imagination it was only a dream and we let go of it box, stock and barrel then we call ourselves fully realized actually we are fully realized all the time we are fully realized beings saying that we are not so all we do is let go of we are not what's left over is the fully realized being that we are are there any questions on what I've said so far? everyone understands it at least intellectually if you understand it intellectually and you are not able to use it it's because you're not looking at yourself honestly truthfully with

deep desire to see yourself in the process of which you have set up as the unconscious mind all the things you don't want to look at however it's not necessary to dig into this unconscious mind in fact it's much better to try to quiet the mind when we are able to get the mind totally quiet what's left over is the infinite self every thought is a thing of limitation therefore when we quiet the mind this infinite being that we are becomes self obvious to us we see it we recognize that we never were that mind that body and from that moment on the mind and body has no influence upon us it just goes its way it just keeps floating through life in sort of a hazy dream that has no effect upon us so the very best method of all methods is to quiet the mind to seek the being that you are to pose the question who am I and if other thoughts come in and ask to whom are these thoughts and the answer is to me well who am I and you're back on the track who am I is the final question that everyone answers so why not begin with the final question all methods get to be the same as we move toward the top we simply quiet the mind eliminate thoughts get the mind quieter until the mind gets totally quiet what's left over is our glorious infinite self there are two ways of growing one is eliminating the negative going into the mind seeing the cause of the problem which originates in a thought sometime in the past or many thoughts and when we see this thought when we bring it up into the consciousness we naturally let go of it we see how silly it is to hold it and correct that behavior however the better way is to quiet the mind and to see who and what you are I am that I am I am he alright now I'll take up a step below where I was talking this so called apparency called the world the world is only an illusion that we created someday you'll discover that you created this entire universe the method of creating is by first creating what we call a mind we create our mind which is nothing but a composite of all our thoughts and thoughts create the material world every little thing that happens to each and every one of us is created in our thinking we set up a thing called time which makes it even more difficult to see things because we think now and things might happen years later but the only creator there is is the mind your mind is God a creator? yes because you are you set up a mind and the mind creates it is good to discover that everything happening is caused by our thinking everything that happens to us is created in our own thought it's a stepping stone toward realizing that we are the creator first you discover that you created your trouble then you discover that you can create good things then you discover that you can create anything you desire after you discover that there is nothing that you cannot create you are still unhappy the reason being that you have separated yourself from the one so then you try to control the mind you have already gained control over matter you control the mind in ways like if you have pain you don't feel it if it's cold outside you feel warm if it's hot you feel comfortable this can't be done mentally this is in the line of getting mental control when the mind is really controlled then you eliminate the mind when the mind is eliminated there is nothing left over but the infinite self that you are so we start by becoming masters over matter then we become masters over mind then we become masters so if there are any problems that remain they only remain because you are holding on to them the moment you let go of them they are gone if you tell me that isn't so for you

that isn't true the truth is you are still holding on to it telling me that it doesn't work now trying to get rid of a problem is holding on to it anything we try to get rid of we are holding in mind and therefore sustaining that problem so the only way to correct a problem is to let go of it, see not the problem see only what you want if you would only from this moment on see what you want that is all that you would get what you want but you hold in mind the things you do not want very strongly you struggle to eliminate the things you don't want thereby sustaining them you should have only one desire a desire for complete liberation complete realization any other desire will keep you in trouble we should try to let go of all desires we should not try to fulfill any desire every time we fulfill a desire we strengthen that desire rather than weaken it which I believe is obvious to all of us that we never satiate desires the more we try to satisfy them the more we want of them so it is better to not satisfy desires and by doing so the mind gets quieter when the mind is quieter we have a better chance to see the truth, when we see the truth we scorch the desire and this is the better way actually the only really effective way of getting rid of desire when you see the truth, desires are scorched because the desire is trying to be your own real self through some indirect means through some person, through some thing when you see this, you let go of these silly desires because why struggle through an indirect means to be that what you are the indirect means cannot make you what you are so it's fruitless and extremely frustrating therefore we have this frustrated world of all trying to satisfy desires it's absolutely impossible to do it they go on and on lifetime in, lifetime out until we recognize that desires are our enemy desire is an admission of lack if I am the infinite one I desire nothing I am the all we must get back to that state by behaving as one would in that state the greatest behavior that one can perform is living as a fully realized being would live try to attain the desirousness state try to attain the state of dispassion, no attachments no aversion try to attain the state of equanimity a feeling of equal mindedness toward everything, everyone acting this way will push us toward being that way by eliminating the effects out there we help to eliminate the cause

[Speaker 12] (8:29:00 - 8:29:08)

the title of this session is experiencing truth recorded February 4th, 1965

[Speaker 1] (8:29:08 - 8:48:43)

all we need to do is to let go of our concepts of limitation and what's left over is the natural, infinite, unlimited being sometimes this subject is called truth sometimes God metaphysics but actually it's a subject that every human being whether he's aware of it or not is trying to learn and that's why I like the word happiness instead of God infinity, truth this thing called happiness is the very nature of this unlimited being and every time we're happy we're allowing a bit more of this unlimited being to express itself, to come out or we're cutting off a certain amount of limitation of that infinite being and we say I am happy there is no happiness that isn't a feeling of your real inner self that's what it is

therefore I call the subject sometimes happiness that the goal is to attain a continuous happiness with absolutely no sorrow whatsoever when I define the word truth I say truth is that which never changes this constant state of happiness never changes and as I said before I like to make this practical, what is it that never changes beingness just be's, it doesn't change existence just exists, it doesn't change so truth is beingness but it's beingness being all beingness it's the very beingness that you are when you use the word I with nothing added to it, just the word I that feeling of I, that's your beingness that's infinite, that's unlimited until you put concepts of limitation over it and hide it so the top goal is beingness being all beingness when we recognize that you are me or that I am you, I am I am all beings as you let go of the concepts of limitation this thing comes about naturally another thing that doesn't change is awareness that is aware of all awareness that's the ultimate, can't change anymore consciousness, conscious of all consciousness see this infinite being which some people call God we are experiencing all the time, every moment by just experiencing our beingness but we limit it to this body and this mind, but that beingness is actually infinite that awareness is infinite and all we need to do is let go of the concepts that limit it now the first major wrong step we make is to say I am an individual separate from all beingness then we have to create an instrument to be separate with and that's the mind the mind reflects back to us as much as this infinite beingness as we want it to that reflection is cut more and more the more we take on concepts of limitation we cannot grow into this infinite being not only because we are that here and now but we can let go of all concepts to the contrary now the reason why some of you have been so happy for a short period of time and then all of a sudden it seemed as though the sky fell is only because you were able to perceive this infinite being that you are but you weren't able to keep out all the accumulated concepts of limitation from the past that pop up every now and then every time a concept of limitation comes up you're not infinite anymore and you're miserable unhappiness is a restriction upon being totally free unlimited so these patterns of thought from the past their tendencies predispositions now they prop up even after we've seen very deep very deeply this inner being that we are so what we need to do is to keep throwing off these limitations as they prop up until there are no more then what's left is the infinite being that we are but the thing to do is to keep throwing them out until there are no more now some of us have been accumulating these things for tens of thousands of years so they die hard they don't go very easily however being unlimited infinite beings by sheer power of will a few people can just like that throw them all out it happens occasionally or maybe a few dozen people each generation do it in the entire world they are the so called masters they recognize that they are not limited by the body mind they consciously exit their body when they die which allows them to come back in a body or not to come back in a body as they choose the great leaders, the great spiritual leaders are those who have chosen to come back in a body they didn't have to come back the rest of us must come back by force of habit we have a desire for things here and so we come back here desire is the only thing that keeps us coming back to this state of life which is the most difficult possible state to any being is

the state we're in now but as I've said, because of that it affords the greatest of growth it's the post graduate course we pass this course we get our wings, our degrees so even though it's extremely difficult it's a tremendous advantage to be here although it doesn't look that way until you understand this it looks more like a hell than a heaven that's because of limitations self imposed in the past that have now been relegated to the unconscious part of us we've put it in back of the mind where we don't see it for the moment but all those concepts of limitation are there and are effective and keep us confined, pressed down bottled and consciously we want to be free freer than a bird and so there's a conflict between this conscious desire to be free and the unconscious concepts of limitation and you feel unhappy you don't see it because it's unconscious there's two ways of licking that one is make the unconscious conscious and when you see it throw it out there's an easier, faster, better way by getting quiet by turning your mind within yourself asking who am I what am I what's this world what's my relationship to it if you will stick with those questions you will see this infinite being that you are it's not easy because of the habit that's been going on for millenniums it takes a tremendous desire for this truth or whatever we're seeking to accomplish it most of us get the desire from being beaten so hard by the world we finally get up enough gumption to want this and then when it begins to make your life happier then you want it because you know this is it there's no top limit to happiness, to joy and when you experience some of this joy gotten from going within you will always want to reestablish that very happy state which is the natural state no matter how much you'll get away from it sooner or later you'll be back on a path trying to establish the constancy of this happiness the basic law in this universe is harmony God is absolute harmony when we are in tune with the universe our life is completely harmonious no effort is required to do anything everything falls perfectly into line when we see God as all and we know God is harmony everything is in harmony right now and to the degree we accept that is the quickness thereof another way of putting that I guess is to see God in everything, in everyone, everywhere God is beauty harmony, rightness, everything good and accept that and then allow this God principle to arrange things for you we have to get our little selves out of the way this sense of egoity I am an individual, separate, and I've got to do things is what makes all problems the moment we let go of that sense of egoism let it be God's world, let God do it he knows how when we do that, everything falls into line can be a court trial, can be anything can be a sick body the moment we accept that principle everything harmonizes radical reliance upon God will do it let go and let God I moved unusually fast because either I got the answers or I was finished but the method I used happened to be the very highest possible method who am I? that was the driving question who am I, what am I? I was so determined my mind was concentrated and when your mind is concentrated the answers are there a concentrated mind is a mind that keeps out extraneous thoughts holds only the thing you're interested in and when you do that, the answer comes thoughts will come in when a thought comes in, say, to whom is this thought?

well, the thought's to me, so who am I? and you're back on the track again in this

manner you can keep knocking out these thoughts if you'll continue that, you'll reach a place where the thoughts don't come in anymore and you're free of thoughts many of us have experienced it for a certain length of time it's a feeling of complete at-oneness with everything it's a feeling of no otherness it's a feeling of very profound peace even though there's activity you see no action, everything just is the very top state is one of very profound peace see, first it's an exciting joy then it's a very exuberant joy you can't contain it, it begins to hurt because it just swells up and wells up all the time, can get to be annoying and yet it isn't because it's tremendous amounts of joy coming up then it moves to a higher state of peace, that's why the bible says the peace that passeth all understanding it's a very deep, wonderful, profound peace it's the most delicious thing there is but you can't describe it, peace is the word that comes closest to it you see because these states are not ordinarily experienced there are no words for them first it's feelingness it is feelingness, then when it goes on it turns to beingness when you first get interested in this path everything is thought, thought, it's all mind thinking then thoughts take on a certain feeling it's like a thought and a feeling at the same time it's a thought feelingness, and as you move you get into the realm of feelingness and then the step above that is the realm of beingness so it depends on where you are as to whether it's feelingness or beingness actually everyone in his every act is seeking his real self we will never ever be satisfied until we reach that state

[Speaker 12] (8:48:43 - 8:48:46)

of knowing ourself completely

[Speaker 1] (8:48:55 - 9:16:38)

I guess the best way to start is with an overall picture of our direction in such a way that it embraces those who have been here for some time and those who are here for the first time I think all of us all the questions that the philosophers ask and try to get the answer to that the psychologists ask but even the field of medicine asks and the world of religion are really all asking the very same thing approaching it from different angles everyone is seeking the answers and if we sift out what is it that we're all seeking we put different names to it some people call it spiritual, some truth some philosophy, wisdom, understanding but the basic thing that everyone is seeking is very simple it's happiness but it's the ultimate happiness it's nothing mystical and nothing far and nothing complex every being is seeking pure and simple happiness in a way that there is no more sorrow so the word I like best for our so-called path is the ultimate happiness the ultimate happiness of course is the ultimate truth of our beingness, truth of the universe and there is only one ultimate truth is the way it turns out to be so all of us are seeking this continuous happiness with never a taint of sorrow most people in the world of course are making the error of seeking it where it is not and therefore not attaining it and becoming extremely frustrated because the more they try to get of it where they think it is the more they discover that it isn't there in place of the happiness they are finding more and

more discontent more and more misery we never had so much material as we have now and I don't think we've ever been so unhappy at least in the past 50 years we haven't as we are today so in seeking this ultimate happiness there is one most important thing necessary and that is to have pointed out to us what this happiness is and how to get it now as I said it's very simple truth, happiness, God is simple if it's not simple, it's not godly it's not truth, it's not happiness it's an artificial complexity set up by man's ignorance so again I say this whole direction we are in is very simple now the number one thing preventing us from seeing what this ultimate happiness is is our sense of egoity so opposed to this ultimate happiness which is really the goal and the only thing stopping us from having this constant happiness with no sorrow is the sense of separation I am an individual separate from the all once we take on this sense of separation we seem to develop it more and more and we keep pulling away from that ultimate happiness the ultimate state which in the beginning we were all in and more and more we begin to believe that we are a limited mind a limited body so limited that we need a thing called oxygen to survive or food and so forth and so on this ultimate happiness that is the goal is something that never ever really leaves us it's right within us all the time but we cover it over with concepts of limitation, of being separate and the more we do it the more concepts we build up until we get to the point where we are today extremely overloaded with concepts of limitations now this ultimate joy that we are seeking is our natural state it's a natural state to all mankind to get this ultimate happiness which is our natural state all we need to do is to let go of the obstructions that we have set in the way of seeing what this happiness is we have built up endless concepts of limitation over this unlimited being that we are naturally so the simplicity of the direction is this we are that natural unlimited being possessing right now that unlimited joy but covering it over with a sense of limitation called the ego we need to rediscover what I just said we need to rediscover it it's there, it's there all the time so how do we rediscover it?

first we need someone to tell us that the direction is this way someone must point out the direction secondly we must look in that direction and we must discover it for ourselves no one can give it to us we must see it we must see it through our own mind's eye and when we do we re-recognize that which we always were an unlimited being with unlimited joy now the direction must be inwardly it is not outwardly everything out there we discover is something that we have dreamed up and then put a tag on it as being real this world, this universe we have dreamed and through accepting this dream for so long we think it's real so what we need to do is to turn our attention inwardly to re-examine, rediscover what is the truth of everything and as we do that we begin to see the falsity or the illusion of the world and by getting concentrated in the inward direction we see this infinite being that we are so the path resolves itself into two things one seeing this infinite being that we are and two seeing the limitations that we have superimposed over it and letting go of them so to repeat what I said to attain this unlimited happiness the direction is pointed out to us we must take it by going inwardly

and rediscovering this wonderful unlimited ever joyful being that we are the time it takes us to do this is determined by one thing only the intensity of our desire for it if we are convinced that our joys lie in the world we will never ever attain this happiness we will always be with much misery but when we accept and then begin to prove that the joys are just our natural state are not attached to anything out there then our life begins to become more joyful and we can with more conviction take the right direction it seems at first the thing that drives us in this direction is the thing called misery we go so far in the wrong direction we just can't stand it anymore and because of the misery we are driven to seeking happiness elsewhere than in the world when we begin to receive the fruits of our search and we begin to feel these joys that we never experienced before then the mere joy of the path is what will give us the intensity of the drive in the right direction we also discover that this path cannot be a part-time thing if we really want to make it we have spent so many centuries so much time going in the wrong direction that it takes a superhuman effort now to redirect us into the right direction so again the whole thing is simple we are that infinite unlimited joy we are seeking we are that God that we are seeking we must turn within and discover that when we do we know it and we hold on to it then we go through the process of continuing the elimination of all the concepts of limitation all the ego concepts until we are fully established in that high exalted state of beingness I believe the only reason why I should be here is to help that if I can't help there's no reason for my being here I believe every one of us have been with the path quite some time I wouldn't like to be in a position where I'm talking about the subject talking about the subject is an obstacle on the path what should happen here is that each one moves forward and very definitely moves ahead if that doesn't happen I see no reason for my being here because we can all read almost everything I'll say you can read it in books found somewhere there's nothing new on the subject of truth it's eternal it always was, it always will be the same so the thing that's different or I hope is different is that there is something affected here that something will happen to give us more realization than we had before we came here I believe the general approach to the subject that I have is called Advaita or in English non-duality which can also be translated as oneness and that there's only one singular method of growth that that one method of growth is letting go of our ego now egoity is a sense of separation I am an individual once I become an individual I am separate from the whole or the all this sense of egoity is what starts all our trouble all our delusion so we must get back to the place where we again see that we are the only one with a capital O in truth there's no such thing as growing into full realization and that is because we are now we always have been we always will be that infinite being called God or the self that's one thing we cannot get away from we are that I am then I am that's the changeless part of us we cover that over with a sense of being a separate individual so growth consists only of letting go of our ego and I hope that through these meetings we do that more more so than we have done before we are that infinite being here and now we are blinding ourselves to it by saying I the infinite being am a limited ego I the infinite being am separate from the infinity we must change those concepts let go of them I hope to bring

out ways and means of sensing the ego operating in us ways and means that we can use to point out to ourselves when we are being ego motivated and each and every time that we are if we let go of it we are letting go of a bit of ego if we keep this going from here until the end we eventually get to the place where there is no more ego left and where the ego is not there God is there the infinite self is left in its pure, pristine beingness so all we do is remove the cover if we lose our sense of egoity in the state we are in now we save ourselves millions of years of growing on the higher planes to be in a higher astral realm or a causal realm or the highest of realms we still need a sense of separation a sense of egoity we need a sense of a higher body and one of the greatest and most wonderful things about the state we are in now is that it allows us to go all the way back home right to the very top even the God with the small g the angels cannot do what we can do we can go all the way by completely losing the sense of being an ego I try to bring out the very highest of teachings I like to start from the top if we ever expect to know the truth we must start with the truth and reason from there we can't get to the truth from the falsity, the lie the reality of the world as most people see it if we try to grow from this world up to the truth it just won't work because we're starting with the lie and trying to reason from there we must start reasoning with the truth now the truth is the absolute one the changeless that which never changes is true if it changes it wasn't true in the first place, it changed so we define truth as that which never changes so if we reason we should start with the one infinity as being the all and reason from there now as we go on I believe the various methods of seeing our ego will come out and the general method we have used has not been my talking as much as my answering questions and if I answer a question I always try to answer by letting the answer come from within and if I do that it will bring out the ego behind the questioner or sometimes we'll put the questioner right into the cell and very often the answer is put in such a way as to provoke thinking rather than answer the question unfortunately we all know that questions can't really be answered for us that each one must answer the question himself or herself so my method of answering questions very often might seem kind of odd that it's not direct, it's roundabout or it's provoking but the purpose is to make obvious to the one asking the ego motivation or the ego so that he may see it and if he chooses let go of it when I come in I sit down I just know I have the conviction that thou art that and to the degree that I have this conviction to that degree I help you be in that mood, in that state and when we are in that state we should recognize it we should get to know that that is a very high state and we shouldn't try to relate that to our ego world, it just doesn't relate to it it's a calmness, it's a peace it's a very delightful state and there's no sense of doing this, having this when we are in that state, it's just being this but that is the experiencing that we need to establish more and more until that is full and complete and only and that's what's called full realization another point about our teaching is we like to get all the mystery out of it because it is basically so simple thou art that stop trying to be not that is the basic teaching if we can recognize that state for what it is we will get to the place where that remains and then we automatically do have, talk and so forth and we no more associate ourselves with the doing this, having

this and so forth but the silent teachings are the most effective of teachings and this is the teaching that all the gurus give this is one reason why they are mostly not in body because when they are in body most of us attribute egolity to them because they have a body to us and they eat and sleep and so forth when they don't have a body we give them more credit that is due them and they try to teach us via the silent method and to the degree that we can accept it to that degree we receive it from them it's the stilling of the whirlpools of thought it's quieting thought when there is no more thought that is called realization all thought is motivated by the ego when there is no more ego there is no more thought it's the ego that being separate from the all thinks it needs things when we are the all there is nothing we need if there is a desire there is something we don't have

[Speaker 9] (9:16:40 - 9:16:41)

that's the ego

[Speaker 1] (9:16:48 - 9:39:33)

so it's the ego we need to let go of if we don't have a perfect body and we want a perfect body that means we do not believe or have a conviction that we can make the body perfect it means we are holding in mind a consciousness of an imperfect body because the body is an exact copy of the mind the body is our consciousness projected outwardly now is it necessary to have a perfect body it's not it's necessary to have a perfect understanding everything else being equal if you can't have a perfect body make your body perfect however you can go beyond the necessity of a perfect body by getting the spiritual understanding of I am not the body therefore the body does not affect me and this is a much higher state in fact I think this is one of the highest of states to be able to maintain your spiritual equanimity regardless of what happens to the body because we are not this body this body is not infinite it's an extremely limited vehicle very very delicate change the temperature 100 degrees it dies put many tiny amounts of chemical in it, it dies cut out oxygen, it dies so this body is an extremely limited vehicle and it is much better to not be the body the spiritual discipline of having an imperfect body and not having it bother you is a very high spiritual discipline many fully realized masters will go through life with a sick body setting an example of non-emphasis on the body because the body is our biggest trap into limitation I am this body not only is the body the limitation but associated with it are thousands of other limitations so Bob, for myself I prefer not to correct the body now but to have it touch me not not even in the slightest regardless of what happens to it a perfect body is not the highest state a body is a limitation even when it's perfect it's a perfect body, it's still a body but perfect a higher state is not being the body you're shaking your head now, have I answered it?

see, so again it's a matter of level but because we're into a level that is high, I've got to stay up there be not the body, be what you really are be infinite perfection is not a

perfect body perfection is absolute perfection well you have a tendency to bring it down to perfect things perfection does not relate to things no thing is perfect everything is a thing of limitation so the top state, the absolute is a state of no things it's just beingness or pure consciousness, pure awareness that's the top state it's not being a thing, a body it's just being so to sum it up of course we should have perfect bodies if we have bodies that pull on our attention all the time, it's difficult to meditate so rid yourself of body demands make the body as perfect as you can however it is a higher state when the body does not affect us because of not identifying with the body but the top state is just beingness only beingness or consciousness, only consciousness it's consciousness conscious of all consciousness it's beingness being all beingness and consciousness and beingness means the same thing at the top being anything is being a limitation see happiness is our natural inherent state we are the all we artificially create a lack and then a desire to undo that lack which when that desire is fulfilled we feel better it's like sticking a pin into you and it hurts and you take it out and say gee that feels good this is exactly what enjoying things and people is we hurt ourselves remove the pain and say that feels good that makes me happy every time you feel happiness you feel only your real self more or less the happier the more you feel your real self and you attribute it to things and people out there the mechanism of it is that when we create the lack we start up thoughts I need this person this thing to make me happy that causes a bit of pain that need that lack which when we are relieved of that thought we return back to being ourself which is what we call happiness this is something great to be achieved in life when you see that your happiness is inherent and that what you have been calling happiness is doing away with it and then restoring it and attributing it to people and things so if you want to enjoy a body that's your privilege if you want more joy don't enjoy the body just be joy which you naturally are that's the natural state it's not necessary to need things when you see that you are the all there's nothing lacking so take your joy directly be yourself that's being infinite joy I saw that there's as much life in this body as there is in a piece of wood it's carbohydrates same chemicals as a piece of wood that the only life in this body is me I put the life in the body I saw that the body is my consciousness and my consciousness puts the life in the body when you see that you make the body you can change it you can mentally change it now the body we have right now is the education body wise that we have accumulated up to date this is my concept of a body that's your concept of your body it's deeply subconscious right now this is why it's difficult this picture of the perfect body must be more powerful than the sum total of all the pictures in the past of an imperfect body right now you have to get that picture of a perfect body with a thought that's stronger than the sum total of all the thoughts of imperfect body of the past when you're able to do that your body will immediately change to this new thought of perfect body which is more powerful than all the past thoughts does that make sense this is the mechanics of it now what's a powerful thought a powerful thought is a concentrated thought the more concentrated the more powerful the thought a concentrated thought is a thought without other extraneous thoughts present at the time the very best way to get a most powerful

thought is to let go of yourself your little self let go of your feeling I am Bob I have this I have that and say yes there is only perfection including this body if you can let go of the world I say your thinking mind is your biggest obstacle your mind is going on faster than the speed of light all the time whether you're aware of it or not if you're not conscious of it, it's going on subconsciously you've trained yourself to think, think, think, think, think you've got it spinning with all these thoughts you've put a lot of importance upon this thinking in the past the importance of it is also subconscious so it's not easy to let go of the importance of thinking and these are obstacles to your letting go of thinking which if you could let go of thinking and just one easy thought with no other thoughts around I am perfect, instantly you'd be perfect I'm talking about the body so it'll take a continuous trying until you achieve it and someday through an almost effortless thought is the way it feels because your mind is so quiet at the time it'll happen and you might not even be aware of it when it happens, you might become aware of it later on I was just reminded of a case I heard of of a man who was in a wheelchair for so many years, I forget how many house caught on fire he packed two bags and ran out and sat down on them because after he sat down on bags he had realized what he had done he had forgotten that he couldn't walk when it does happen you're accepting the positive so much that negative thing is forgotten for the time being so to sum it up the thing that will affect a perfect body is a very strong conviction I am a perfect body or a concentrated thought which is saying it in another way which is a thought undisturbed by other thoughts at the moment that your mind is clear of other thoughts at the moment and the feeling is a feeling of let go you just let go and let the perfection be about the body and the best way to see this I believe is through the night dream this is like a dream just like a night dream while you're in the night dream you are there, there are other characters there's a world there and things are going on and while you're in it, it's real, right? while you're dreaming it it's only when you awaken from the dream that you say it never was that's what happens to this dream when you awaken from it you'll see that it never was that there never was anything but perfection all the time so it's a process of awakening from this dream to see this, you're going to have to go through it I couldn't give it to you but if you continue, you'll reach a point where you'll see that, my gosh, it's just a dream and then you'll see that it's a dream that never was that there have always been perfection but again, you can't comprehend that until you experience it you might get it momentarily, many people do you get a momentary picture of the whole thing as being a dream that there never was anything but perfection and then the next moment you trick yourself into the delusion again of thinking that it is real you see, there's really only one thing I want to do in the world is to have everyone know what I know at the same time it's not for me to push this on anyone but if they really want it, I really want them to have it so the two get together so I don't see the boldness I see doing the right thing when you see the perfection, there's nothing to do and I actually, I really feel that I am not a teacher I am never teaching and I still can't get used to the concept of being called a teacher Francis has got me to accept it more now than ever before I can do it more readily say, oh yeah, I'm teaching but in my consciousness I'm

not teaching how can I teach a perfected being who is omniscient in this top state you perceive this world as nothing but your very own self with a capital S there is nothing but the self or there's nothing but God, God is all everything you see is God and you are it that's the way you see the world others look at it and say uh-uh, it's just the opposite it's perfect, it's God, it's me, it's I so there's no contradiction when you're in a top state and you to the eyes of others, float through life the way they do but in your perception it's not the way they see it and the very top state is being in that top state and in the world at the same time someday you'll laugh at all this tremendous effort to be exactly what you are and have always been, it's such a joke to go through a tremendous struggle only to be what you are always have been, always will be creating all these devious means of assuming you don't have infinite joy even giving up all joy and then going through a tremendous effort of trying to establish infinite joy again it's a joke in truth there is no such thing as time time is a variable truth is that which never changes perfection is always perfect it doesn't change anything that changes is imperfect, is unreal time is nothing but a mental concept you have a dream at night and you cover maybe 80 years and while you're in that dream it was an 80 year period how much time was it to you after you awakened that 80 years becomes maybe minutes I'm just trying to bring out how time is nothing but a mental concept in the dream it was 80 years you awaken and say gee it was just minutes you awaken out of this dream you'll see it was no time it was always there everything that was or will be is here now time is like taking a movie reel and looking at one frame at a time and saying the frame before it is yesterday and the frame after it is tomorrow it's all there you can look at it all now but in time we choose to look at one frame and then say the one on this side is the past and the one on that side is the future if you look at the whole reel you can see your entire life from beginning to end but mentally you choose to do it the way you're doing time is only a mental concept but in order to accept this you've got to see it yourself you've got to perceive it you've got to realize it thinking on it deeply you'll get the realization someday wow it's just a mental concept eternality is now it's an ever present now there's no past no future it's all here now

[Speaker 12] (9:39:33 - 9:39:43)

there's only a nowness in truth The title of this session is The Mind Mirror Recorded May 31st, 1966

[Speaker 1] (9:39:47 - 9:44:58)

Now why do we who are more with this subject than others why are we in a position where we don't have joy all the time with no sorrow why after having been with this subject and following the great masters why can't we get that thing we are looking for what is wrong well I believe if you look into it you will discover that there is only one thing wrong only one thing our wanting this growth is not as strong as our wanting this world as our wanting ego approval therefore I try to be as practical as can be by

presenting you with methods that you can use everyday to grow by there is no moment in life that cannot be used as an opportunity for growth there is no moment in life that cannot be used as an opportunity for growth now the only growth and I'm underlying this word only the only growth is letting go of ego when the ego is zero God is all if we are not finding enough of God or enough of happiness it's only because we are holding on to our ego desire so I think at each meeting I'll present one particular method that we can use in everyday life to help us let go of our ego I think today I would like to say this as you see the world so are you I'm taking off on as a man believeth in his heart so is he which is correct but I say this is a much more advanced way of looking at it as you see the world so are you now everyday when we get up and open our eyes we start looking at the world we meet people and as we see those people so are we it is impossible to see a fault in anyone else that we don't have in ourselves if the fault is not in us it's impossible to see it out there in anyone else it's almost the same as in order to understand Greek you must know Greek anything we understand out there we know within so every time we see something out there that we do not like a person who is doing something that we don't like and it bothers us it is only because that very same thing is in us now this is a powerful method of growth because most of us unfortunately see things that are wrong in this world when a master looks at the world he sees nothing but perfection we should try to get the same viewpoint if we will hold on to just this one thing there will be a tremendous growth every time you see something wrong in someone look for it in yourself and when you see it, let go of it keep letting go and every time you let go of it you are letting go of a bit of ego

[Speaker 10] (9:45:04 - 9:45:08)

the whole thing is very simple thou art that, here and now